

BUY/SELL CONDOS?

- ✓ 50% Buyer Cash-Back Reward
- ✓ Low MLS® Listing Fee (e.g. \$500) **\$200 EXPRESS BUNDLE**

ziglu INC.
real estate
BROKERAGE

Ziglu... a different kind of real estate company.
www.ziglu.com
613.232.9229

MLS® MEMBER

All rights reserved. Ziglu Inc. - Ziglu Real Estate Brokerage, Ottawa. Gilles Menard, Broker.

THE JAPANESE GRILL
FROM CLASSIC RECIPES
TO CONTEMPORARY
FAVOURITES {page 19}



FRIENDS WITH BENEFITS

MILA'S FIRST LEADING ROLE {page 14}



OTTAWA

metro®

Weekend, July 15-17, 2011
www.metronews.ca



News worth sharing.



LRT supported unanimously

► Downtown line is only the beginning — Ottawa will eventually add LRT to the west, east and south ends of the city: Mayor Watson



**JESSICA
SMITH**
@METRONEWS.CA

Ottawa city council voted unanimously to approve a \$2.1-billion light rail line — the most expensive project in the city's history — at a special meeting Thursday.

"The public has said we've waited long enough to get on with the project," said Mayor Jim Watson after the vote. "It's time for us to join the ranks of world-class cities."

The line is to open in 2018 and run between Tunney's Pasture and Blair Road, with about 80 trains that will, eventually, make about 50 million trips a year through the downtown core.

The trains will travel above-ground — except for a 2.5-kilometre stretch though a tunnel underneath Queen and Rideau Streets between Bronson Avenue and a station at the University of Ottawa.

The tunnel is the major change from the city's previous plans for an east-west light rail line, which had a deeper tunnel under Albert Street that would have inconvenienced riders, cost more to build and increased the risk of cost overruns to the city, according to staff reports.

Most public delegations speaking before the vote were supportive, but former regional chair Andrew Haydon argued the city should run bus rapid transit (BRT) through the tunnel rather than light rail. He said BRT has lower operating and capital costs and more flexibility. Haydon lost a mayoral bid last election on a platform focusing on BRT.

The elected councillors were all on board with light rail.

"What you've heard in the last couple of days is actually a good battle that's gone on amongst council, because we now have everyone wanting light rail in their



"Why, then, do policy-makers like yourselves close your minds to evidence? It is because they are infatuated with trains."

ANDREW HAYDON, ARGUING FOR BUS RAPID TRANSIT OVER LIGHT RAIL

communities," said Watson. "We have to start somewhere. We start in the core and work our way out."

PANDORA®
UNFORGETTABLE MOMENTS



PANDORA® STORE

St. Laurent
St. Laurent Centre
Ottawa, ON

JUBILEE
FINE JEWELLERS
Since 1952

St. Laurent Centre
Bayshore Shopping Centre
Carlingwood Mall

Gift with Purchase • July 2ND – July 31ST

Receive a PANDORA Lariat with sterling silver ends (a \$30 CAD retail value) with your PANDORA purchase of \$75 or more.*

*Before taxes. Charms shown on lariat are sold separately. Good while supplies last, limit one per customer.

Jewelry incorporating the displayed items is protected by U.S. Patent No. 7,007,507 • © • All rights reserved • PANDORA.NET

1 news



Danish band gets huge break courtesy of Heineken ad. You know the one.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web



Award-winning Ottawa born comedian John Hastings is taping a DVD at Yuk Yuk's at The Prescott this weekend.

Missing man found by police

Police have found James Villeneuve, 73, a Rothwell Lodge resident who went missing from the retirement home on Montreal Road east of Blair Road July 13 around 11 a.m.

Police said Villeneuve suffers from mental illness. **● METRO**



► Maggie Ruffman

Powerlifters all set for liftoff

The fifth annual Ottawa Open powerlifting meet hosted by Ottawa Ironworks will draw 50 competitors in different weight categories this Saturday to the Travelodge Hotel Convention Centre at 1376 Carling Ave.

The meet is one of the biggest powerlifting events in Canada.

Powerlifting consists of male and female lifters performing three lifts (squat, bench press and deadlift).

The winner in each class is the athlete who lifts the greatest amount of combined weight across all three lifts. The event starts at 9 a.m.

● METRO



► An artist's rendering of the completed Hurdman LRT station.

LRT station plans scaled back due to cost concerns

► Stations will be without air conditioning, washrooms and newsstands



JESSICA SMITH
@METRONEWS.CA

Ottawa light rail transit riders will have to bundle up in the winter, city council heard yesterday.

Before council approved the LRT plan yesterday, architect Peter Busby described his design for the stations — which feature wood, glass and water. He said all of the above-ground stations are open to the outside.

"We're providing wind-

screens, we've provided airflow protection and moisture protection for the customers, but they're not conditioned stations," he said, adding that there will be heated seats and heaters next to the windscreens.

"On each of the platforms, there will be places that are warm," he said.

The station plans do not currently include washrooms. City staff said washrooms in public transit systems tend to be expensive to maintain and raise security concerns. Howev-

er, several councillors said they would still consider finding a solution — such as modern self-cleaning toilets.

The outdoor stations don't include space for shops or newsstands inside, but some of the drawings show spaces near the entrances where retailers could set up coffee shops or newsstands.

Coun. Maria McRae said she would like to see the city consider partnering with the private sector to set up retail shops in tun-

Paying for LRT

- \$2.1 billion total estimated cost
- \$1.2 billion combined federal provincial funding
- Up to \$400 million private sector financing

nels that connect the underground stations to the surrounding buildings downtown.

MATTRESS CITY PLUS LIQUIDATION CENTRE

MATTRESS LIQUIDATION BLOWOUT

King, Queen \$199+. Double, Single \$99+. Brand name quality products from the manufacturers, King Koil Kingsdown, Dreamstar, Orthopedic, Serta, Simmons. **NEW**, factory demos, showroom samples, end of line and discontinued models. **ALL IN EXCELLENT CONDITION!!**

GET A FREE BOXSPRING

(With the purchase of a mattress \$249 and up queen, double, single and \$349 and up for king.)

SAVE UP TO 75%

980 Wellington St. West, Ottawa • 613.894.5762 • SAME DAY DELIVERY

MIDEARTH TRAVEL

738 Bronson Ave. 224-6 Hunt Club Rd.
613-236-5226 613-236-2323

www.midearth.ca

TORONTO - NIAGARA FALLS

2-day bus tour, 1000 Islands Cruise, Toronto & Niagara Falls. Saturday departure from **\$109**

QUEBEC CITY & WHALE WATCHING

Quebec City & Montreal. 2-day bus tour from **\$119**



NEW YORK CITY FUN

3-day bus tour, NYC and Woodbury Outlets Saturday departure from **\$179**

USA 4-DAY BUS TOUR

NYC - Washington - Atlantic City Saturday departure from **\$209**

All including Bus & Hotel

ROGERS™
authorized dealer

BROCKVILLE

1000 Islands Mall
(613) 345-3161

CORNWALL

Cornwall Square
(613) 936-2083

GLOUCESTER

Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-7285

KANATA

Hazeldean Mall
(613) 271-1153
Kanata Centrum Shopping Centre
(613) 599-9690

KINGSTON

Cataraqui Town Centre
(613) 634-9897
Kingston Centre
(613) 546-6043
122 Princess St.
(613) 549-0315

NEPEAN

Merivale Market
(613) 224-3827
2-130 Riocan Ave.
(613) 823-9240

ORLEANS

2020 Lanthier Dr., Unit E2
(613) 590-0289

OTTAWA

901 Carling Ave.
(613) 238-7533
695 Somerset St. W.
(613) 820-7782
104 Bank St.
(613) 230-0202

PEMBROKE

Pembroke Mall
(613) 732-1602
670 Pembroke Street West
(613) 732-1602

TIMMINS

Timmins Square
(705) 267-3400
950 Riverside Dr.
(705) 267-4663

ROGERS plus

GLOUCESTER

2016 Ogilvie Rd., Unit 6
(613) 746-4545

KANATA

300 Earl Grey Dr., Unit 1
(613) 591-8281
700 Eagleson Rd.
(613) 592-5098

NEPEAN

3777 Strandherd Rd., Unit 14
(613) 823-6909
Bayshore Shopping Centre
(613) 726-7665

ORLEANS

1675 10th Line Rd.
(613) 841-8485
1615 Orleans Blvd., Unit 3
(613) 830-6820

6505 Jeanne D'arc Blvd., Unit 14A
(613) 824-9989

OTTAWA

2515 Bank St., Unit 5
(613) 739-4775
11 Selkirk St.
(613) 745-6800

359-363 Bank St.
(613) 594-4555
1379-A Woodroffe Ave.
(613) 225-6007

2121 Carling Ave., Unit 87
(613) 798-1946
1200 St. Laurent Blvd., Unit 248
(613) 746-8546

50 Rideau St., Unit 327C
(613) 232-4800

110 Place D'Orleans Blvd., Unit 290
(613) 590-2237

2269 Riverside Dr., Unit 44
(613) 737-2071

960 Bank St.
(613) 668-5499

JULY 17TH IS YOUR LAST CHANCE TO GET A PS3™

VALUE OF
\$299⁹⁹



Vertical stand sold separately.

Sign up 2 smartphones to a Couples & Family Plan or add a line
to your existing Couples & Family Plan & the PlayStation®3 is on us.

3-year voice & data plan required.*

ONLY AT **ROGERS™**

Call 1 866 618-6068
rogers.com/PS3

OFFER
EXTENDED UNTIL
JULY 17

ROGERS™
authorized dealer

ROGERS plus

« WIRELESSWAVE »

WIRELESS etc...

Costco
WHOLESALE

FUTURE SHOP

SONY

booth
WHOLESALE

2001
Audio-Video

BEST BUY

Walmart

BATTERIES N' GADGETS

EDULLA POINT

*Offer ends July 17/11. Subject to change without notice. Customers who activate 2 smartphones on a voice and data Couples & Family Plan or add a smartphone to an existing voice and data Couples & Family Plan (each with a 3-year term) are eligible to complete an online coupon (rogerspromotions.com/PS3offer) to redeem for a Sony PlayStation 3 (160 GB) at no additional cost while supplies last. Early cancellation fees apply. Limit one per account. "PlayStation" and the "PS" Family logo are registered trademarks and "PS3" is a trademark of Sony Computer Entertainment LLC. ©2011

ORGANIZED CRIME

30 arrests
in drug bust

A joint 18-month police investigation into drug, weapons and human smuggling by organized crime in the Cornwall area has lead to 30 arrests

and 300 charges. The operation involved RCMP, Cornwall and Oswego, N.Y., police, OPP Akwesasne and Canadian customs agents. Police seized cocaine, marijuana, oxycodone, contraband cigarettes and two handguns. Eight arrest warrants are still outstanding. **METRO**

Sewage and the beach

► Some Ottawa residents say beach closures due to sewage overflows likely allowed to fester because it's not year-round problem



SEAN MCKIBBIN
@METRONEWS.CA

The Westboro Beach has been closed 13 times this summer because of high E. coli counts in the water, and people there yesterday want the city to do something about it — they just want to make sure it's done right.

Mayor Jim Watson says it's frustrating that public beaches have been closed so much this summer and he says it's time the city built underground sewage-storage tanks to stop sewage overflows into the Ottawa River. He says he's written to the federal and Ontario governments, seeking funding to build the \$130-million tanks.



► Environmental engineering grad Andrea Wilkinson, left, and her friend Evelyn Danilko say they go to the beach often.

But beach-goer and recent University of Ottawa environmental engineering graduate Andrea Wilkinson said the city will have to ensure it has the processing capacity to treat the stored water.

"If we look at it from an

environmental perspective, of course we want to treat the water," she said, adding the city will have extra costs operating the storage and treating the stored water.

"Will it guarantee that the overflows never hap-

"I think people haven't complained enough. If we got the Westboro community involved, they would probably do something."

OTTAWA RESIDENT SHAYNA HAYES

pen again? If it doesn't, the extra cost might not be worth it."

Her friend Evelyn Danilko cautioned that residents shouldn't get sticker shock.

"It sounds like a big number, but compared to the general budget of the city it's not a lot," she said.

WITH FILES FROM THE
CANADIAN PRESS

CALL TODAY START TOMORROW

Green company has
multiple openings

START IMMEDIATELY GREAT PAY!!

613-321-4279



FLIGHT CENTRE® Unbeatable

Europe Airfares

Paris & Lyon
\$324*

Travel Aug 22 - Aug 30/ts + taxes & fees \$462
Montreal - Paris // Lyon - Montreal

Rome **\$345***
Travel Aug 11 - Sep 9/ts + taxes & fees \$439

Barcelona **\$395***
Travel Jul 21 - Aug 19/ts + taxes & fees \$434

Airfares

Orlando **\$12***
Travel Aug 27 - Sep 3/ts + taxes & fees \$287

Cancun **\$85***
Travel Sep 10 - Sep 17/ts + taxes & fees \$360

Halifax **\$139**
Travel Aug 2/ws + taxes & fees \$69

Vancouver **\$189**
Travel Jul 27/ac + taxes & fees \$81

Fort Lauderdale **\$199***
Travel Aug 27 - Sep 3/ts + taxes & fees \$297

New Orleans **\$398**
Travel Aug 30 - Sep 6/ac + taxes & fees \$131

Lima **\$695**
Travel Aug 16 - Aug 30/ac + taxes & fees \$408

USA

Orlando Family Special
Air + 7 Nights
\$89*

Champions World Resort + taxes & fees \$288
INCLUDES accom near theme parks. Departs Sep 3/ggv/ts. Price per person based on family of 4. ADD 4-day Walt Disney World Resort Magic Your Way Base Ticket for \$246 adult and \$227 child ages 3-9.

Las Vegas Air + 4 Nights **\$429**
Imperial Palace + taxes & fees \$169
INCLUDES accom on the Strip. Departs Aug 23/wsv/ws. UPGRADE to 4-star All Rio Suites for \$13 per night.

Boston Air + 2 Nights 4-Star **\$549**
Royal Sonesta Hotel + taxes & fees \$122
INCLUDES Cambridge accom. Departs Sep 13/ggv/us. ADD 1-day Beantown trolley & harbour cruise for \$34.

Myrtle Beach Air + 3 Nights **\$529**
Ocean Forest Plaza + taxes & fees \$129
INCLUDES resort-style accom in North Myrtle Beach. Departs Oct 14/ggv/dl.

Chicago Air + 3 Nights **\$579**
Palmer House Hilton + taxes & fees \$119
INCLUDES accom near sights and attractions. Departs Sep 11, 18, 25/ggv/us.

Cruises

Bahamas 4-Night Cruise
\$190

Norwegian Sky + taxes & fees \$100
CRUISE roundtrip Miami and visit Nassau, Grand Bahama Island and Great Stirrup Cay. Sails Nov 14/ncl.

Mediterranean 7-Night Cruise **USD \$799**
Navigator of the Seas + taxes & fees USD \$69
CRUISE roundtrip Civitavecchia (Rome) and visit Messina, Athens, Kusadasi and Crete. Sails Aug 7/rci.

Europe

London Air + First 2 Nights **\$379**
Royal National + taxes & fees \$517
INCLUDES central accom and breakfast. Departs Sep 19/vat/ts. ADD hop-on hop-off tour for \$43.

Munich Air + First 2 Nights **\$559**
Tryp Hotel Muenchen + taxes & fees \$502
INCLUDES central accom. Departs Sep 13/ggv/ts/ac. ADD hop-on hop-off grand tour for \$29.

Amsterdam Air + First 2 Nights **\$649**
Eden Hotel Amsterdam + taxes & fees \$558
INCLUDES central accom. Departs Sep 18/ggv/ts/ac.

Barcelona Air + 7 Nights **\$1099**
Atlantis + taxes & fees \$675
INCLUDES accom near sights and attractions. Departs Sep 16/ggv/af.

Canada

Montreal 3 Nights
\$229

Le Nouvel Hotel and Spa + taxes & fees included
INCLUDES downtown accom near sights and attractions. Travel Aug 14, 21, 28/ggv.

All-inclusive Vacations

Puerto Plata
7 Nights 4-Star
\$277*

Allegro Puerto Plata + taxes & fees \$403
Departs Sep 2/nol/c6.

Panama 7 Nights 4-Star **\$640***
Royal Decameron Golf, Beach Resort + taxes & fees \$327
Departs Aug 8/nol/c6.

Jamaica 7 Nights 4-Star **\$714***
Holiday Inn Sunspree + taxes & fees \$355
Departs Aug 20/nol/ts.

St Lucia 7 Nights 4-Star **\$1472***
Smugglers Cove Resort and Spa + taxes & fees \$163
Departs Aug 13/ac/vac.

**LOWEST
AIRFARE
GUARANTEE**
We will beat any airfare
quote or you fly free!



1 866 502 3887



Join our Insider Club for
hot deals. Text YOW to
131 600

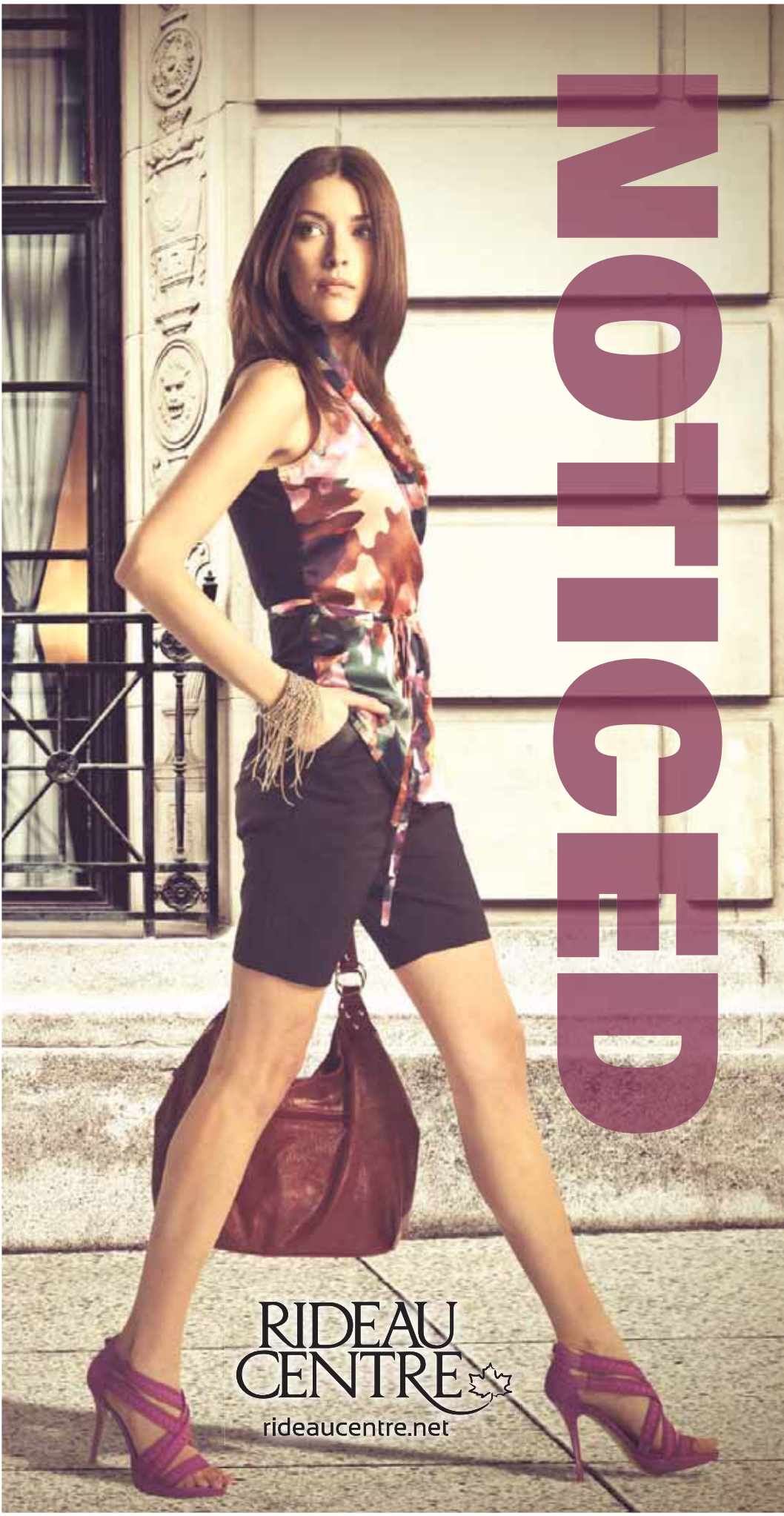


flightcentre.ca



Visit us in store.

Conditions apply. Ex: Ottawa. *Ex: Montreal. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. *Price is per person for quad occupancy (2 adults & 2 children ages 2-17). ts=transit, twlwg=turning, acvls=air canada, cd=cancun, dl=delta, us=us airways, ggv=gogo, dl=delta, aa=american, wsv=westjet, thn=holiday network, ncl=norwegian, cd=carnival, rci=royal caribbean, nol=nolights. We will beat any written quoted airfare by \$1 and give you a \$20 voucher for future travel. *Fly Free* offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/westairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384



NOTICED

RIDEAU
CENTRE 
rideaucentre.net

SUMMER SALE

JULY 4 - 17

ENTER TO WIN A \$500 RIDEAU CENTRE GIFT CARD!

Download your ballot at rideaucentre.net. Completed ballots may be dropped off at the Customer Service Centre (3rd Level next to Zara) until July 17.



SUMMER FASHION REPORT

Visit rideaucentre.net, see our Summer Trends Report and What's In Store at your favourite Rideau Centre retailers and sign up for our monthly enewsletter!

NOW OPEN!

FOSSIL
TRADE SECRETS
VIDEOTRON
WIND MOBILE

OPENING SOON!

BOSE
FOREVER 21
JUDITH & CHARLES
PANDORA

Using his noodle to take a stand

► Church of the Flying Spaghetti devotee permitted to sport kitchen couture in driver's licence photo

Austrian atheist Niko Alm has won the right to wear a pasta strainer as religious headgear on his driver's licence after a three-year struggle against the authorities, Austrian media reported this week.

Niko is a member of the five-year-old "religion" called the Church of the Flying Spaghetti, the devotees of which call themselves pastafarians.

The purpose of the church is to make an ironic, but serious point. "Pastafarianism is nowhere near as absurd as the creationism they teach in schools," Niko says.

Alm applied for the licence after finding out that headgear is allowed in passport photos only for reli-

gious reasons, arguing it was a requirement of his faith.

But a police spokesman said the licence was made because Alm's face was fully visible in the photograph.

"The photo was not approved on religious grounds. The only criterion for photos in driving licence applications is that the whole face must be visible," said Manfred Reinthaler, a police spokesman in Vienna to BBC News.

After submitting to a medical examination to establish that he was "psychologically fit" to drive, the driver's licence was issued and ready to be collected in October 2009, according to the Austrian police.

► KARIN WASTESON



► Niko Alm's Austrian driver's licence, complete with photo of him wearing a pasta strainer.

Overnight
PACKAGES
\$69*
From
CLICK • PACK
GO!

Savour our FLAVOUR

Check in, get changed then make a b-line for the nearest bistro in our picturesque downtown and begin your getaway chill! Savour flavours from around the world within a few short blocks! Pick up a couple of gourmet ice cream cones and take an evening stroll by the water.

visit **kingston.ca**

* p.p./dbl. occ.

Patience and advice help Mexican entrepreneur reap rich harvest

Coming from a historic Mexican coffee region, entrepreneur Miguel Ángel Abascal appreciates that success – like a harvest of Arabica beans – takes patience and care. He applied that same philosophy when he moved to Canada, with the support of his trusted Advisor at Scotiabank.

“You need at least four years for a coffee plant to yield the first beans, so it takes time to produce a good harvest,” explains Miguel, who was chief executive officer of Gran Café de la Parroquia, a famed coffee company with roots going back to the cafés of colonial Veracruz in 1808. “This also applies for Canadian immigrants, since you must take your time and make good decisions to get quality results.”

Miguel first saw the link between Canada and coffee culture two years ago when he decided to apply as a permanent resident and introduce the Gran Café de la Parroquia brand to the Canadian market. His firm already exported gourmet organic coffees to Europe, so Canada made sense since Canadians are among the world’s largest coffee consumers.

“I saw that Canadians are open to the coffee experience, and since this country offers so much diversity and respect, there are many opportunities for my business and personal ambitions,” raves Miguel who began importing Mexico’s mild, exotic coffees for Canadian merchants in early 2011.

Determined to do his research before coming to Canada, a happy coincidence made the task easier: Miguel’s former account executive at Scotiabank Inverlat in Mexico, Elsy Balboa, had been transferred to Toronto in 2007. Always happy with the service that Elsy and Scotiabank had provided in his native country, Miguel renewed contact to begin planning his move.

“It can be a shock changing countries and starting from scratch, so Elsy explained everything, from safe and easy ways to transfer my money to credit card rates,” recalls Miguel.

“It’s important for a customer to feel comfortable with their Advisor and get answers to every question,” says Elsy, a Financial Advisor at the 1391 Lawrence West & Keele Branch in North York. To help Miguel manage his expenses and obtain a credit card for routine needs, she recommended the **Scotiabank StartRight**® Program¹ for Newcomers, which includes a free

day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits. “It was easy to open a Canadian account and arrange a wire transfer of funds.”

“With my financial side secure, Elsy also answered questions like a friend, discussing everything from apartment prices to health insurance,” says Miguel, who is amazed how the Canadian bank offers this level of advice to all newcomers.

“Everything is like a process, as you build networks and relationships,” says Miguel, reflecting on his first year in Canada. “But, if you find a trusted coach who gives honest advice, it’s much easier to do things right and have a good harvest.”



THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.

With Scotiabank’s help, Miguel Ángel Abascal is introducing Canadians to gourmet coffee from Mexico.



Renee Omlas
Scotia advisor

“Renee helped open the door to our new home in Canada.”

The **Scotiabank StartRight**® Program¹, specially designed for newcomers, makes owning your dream home a reality.² Let one of our knowledgeable Scotia[®] advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

Scotiabank
StartRight[™]
PROGRAM FOR NEWCOMERS



¹ The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
² Offer available for one year when you open a new **PowerChequing**® account with Scotiabank. Free banking refers to personal account level service fees only. This includes all account monthly transaction fees. It does not include fees not covered by your banking package nor fees charged by other financial institutions. Fees not covered with the **PowerChequing** account, including access fees to use non-Scotiabank banking machines (e.g. Interac[®], VISA[®] or PLUS[®] fees), continue to apply. Cardholder service fees continue to apply for using the cross-border debit service.
³ Subject to meeting Scotiabank's credit criteria and security requirements.
⁴ Registered trademarks of The Bank of Nova Scotia.
⁵ VISA Int./Lic. user The Bank of Nova Scotia.
⁶ Interac Inc. owner of mark Interac. The Bank of Nova Scotia is an authorized user of the trademark.

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

¹Registered trademarks of The Bank of Nova Scotia. ²Trademark of The Bank of Nova Scotia.
The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. Subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. CMHC/Genworth Financial Canada mortgage default insurance is required for Loan to Value ratios (LVRs) greater than 65%. The maximum is 95% LVR for Permanent Residents at both CMHC and Genworth Financial Canada. For Foreign Workers, the maximum is 90% LVR at CMHC and 95% at Genworth Financial Canada.

India 'vulnerable' to terror attacks: Minister

► Wednesday's bombings mark worst terror attack in India since 2008 siege, which killed 166 people over 3 days ► No group claims responsibility



► An Indian paramilitary soldier checks the luggage of passengers at the railway station in Gauhati, India, Thursday.

The triple bombing that killed 17 in the heart of India's financial capital sparked anger Thursday over the government's inability to prevent terror strikes despite overhauling security forces after the 2008 Mumbai siege.

Indian officials say they have made extraordinary security reforms since 10 Pakistani terrorists rampaged across the city nearly three years ago, but following Wednesday's attack they warned they may never be able to guarantee a terror-free nation in a region plagued by extremism.

"We live in the most troubled neighbourhood in the world," said Indian Home Minister Palaniappan Chidambaram, pointing to nearby Pakistan and Afghanistan. "Every part of India is vulnerable."

No terror group claimed responsibility — and investigators had no immediate suspects — in the bombings that shook three separate neighbourhoods within minutes during

Wednesday's busy evening rush.

Chidambaram said the government had no intelligence warning. "Whoever has perpetrated this attack has worked in a very, very clandestine manner," he said.

A former top intelligence official, who spoke on condition of anonymity because of the sensitivity of the investigation, said the attack had the hallmarks of the Indian Mujahideen, an Islamic militant group linked to Pakistan's Lashkar-e-Taiba, which has claimed past terror attacks that used similar explosives.

Prime Minister Manmohan Singh, who flew to Mumbai to meet with the victims, called on authorities "to relentlessly pursue the perpetrators. They must be brought to justice quickly."

"I assure the people that the government will do everything in its power to prevent such attacks in the future," he said.

But many remained frustrated. "We thought we were safe," said Anita Ramaswami, a 33-year-old accountant. "But things still are the same and people in Mumbai continue to feel vulnerable." **THE ASSOCIATED PRESS**

18 Mumbai, a city of 18 million people, is the heart of India's business community. It houses the country's stock exchange and the popular Bollywood film industry.

Tunisia to have UN human rights office

The UN human rights chief says her organization is setting up its first North African office in Tunisia, a sign of the fledgling democracy's bid to break with practices of the ousted autocratic

regime.

Former president Zine El Abidine Ben Ali fled to exile Jan. 14 after a month of uprisings, inspiring popular revolts in other Arab nations.

THE ASSOCIATED PRESS

Afghan civilian deaths on the rise: UN report

The number of Afghan civilians killed in war-related violence rose 15 per cent in the first half of this year, according to a UN report released Thursday that offered grim statistics about the human toll of increased fighting.

Violence has been on the rise as the Taliban and other insurgents try to regain territory lost in the fall and winter to the U.S.-led coalition in southern Afghanistan.

Fighting always picks up in the spring after the opium poppy crop is harvested in the south and the snow melts elsewhere in the mountainous country, allowing insurgents to move more freely.

But suicide attacks and other bombings have intensified as militants try to undermine confidence in the Afghan government's ability to provide security as the U.S. begins to withdraw some forces.

THE ASSOCIATED PRESS

\$9
plus 1%* of money sent

Enjoy the convenience of sending money online and through your mobile to family and friends around the world. With online and mobile money transfers available when you are, you'll have more time to spend for yourself and with your family.

Available on online transfers under \$1,000 at **Scotia OnLine®** Financial Services and **Scotiabank®** Mobile Banking**.

scotiabank.com/westernunion

WESTERN UNION
moving money for better

You're richer
than you think.*

Scotiabank®

* IN ADDITION TO THE TRANSFER FEE, WESTERN UNION ALSO MAKES MONEY FROM THE EXCHANGE OF CURRENCIES. ** Standard message and data charges apply for transactions initiated through Scotiabank Mobile Banking. Money transfer fee of \$9 plus 1% of principal is applicable to money transfers less than \$1,000 on consumer to consumer Western Union Money Transfer® transactions initiated through Scotia OnLine® Financial Services or Scotiabank® Mobile Banking which is provided by The Bank of Nova Scotia ("Scotiabank"). Fees are subject to change without prior notice. Scotiabank is an authorized agent facilitating Western Union Money Transfer services but is not responsible for the funds transfer. A Scotiabank Day to Day bank account is required for a Western Union Money Transfer® transaction. The Scotiabank name, logo and "You're richer than you think" tagline are registered and owned by The Bank of Nova Scotia. © 2011 Western Union Holdings, Inc. All Rights Reserved. The WESTERN UNION name, logo, trade name, trade dress and related trademarks, owned by Western Union Holdings, Inc., are registered and/or used in the U.S. and many foreign countries.

Memorial for Karzai's brother turns bloody

A suicide attacker with a bomb hidden inside his turban killed four people, including himself, and wounded 13 others Thursday at a memorial reception for Afghan President Hamid Karzai's murdered half-brother, Ahmed Wali Karzai.

A second separate blast in this embattled southern city killed one other person

and injured two others.

A spokesman for the provincial governor, Zalmay Ayubi, said there were no federal cabinet members among the casualties.

The country's defence, public works and interior ministers were all in attendance at the memorial service, which was intended to give members of the public an opportunity to express



► Afghan President Hamid Karzai, centre, attends the burial of his half-brother Ahmed Wali Karzai in Karz, Afghanistan, on Wednesday.

their condolences to the family of Ahmed Wali Karzai. The president, who attended his half brother's funeral Wednesday, appar-

ently returned to Kabul almost immediately afterward aboard a Canadian C-130J transport plane.

THE CANADIAN PRESS

Video by Dugard's captors released

► Footage highlights mistakes made in detecting sexual predators ► NASA technicians were able to recover video from damaged tapes found in trash

Prosecutors have released videos recorded by the Northern California couple who abducted Jaycee Dugard and held her captive for nearly two decades, including footage of one of dozens of home searches by a parole officer who never found the kidnapped girl.

The videos recorded by Dugard's abductors, Phillip and Nancy Garrido, also provide chilling details about the two and their outings to stealthily shoot footage of young girls.

Three video clips were among several pieces of evidence released Tuesday by El Dorado County pros-



► Phillip Garrido

ecutors "to highlight the gravity and severity of the mistakes made," and to improve the supervision and detection of sexual

predators.

The video of a parole officer's visit shows yet again how the state botched chances to find Dugard as she was kept hidden for 18 years in the backyard of the couple's home in Antioch, North Carolina.

Throughout the years, parole officers had paid dozens of visits to the home to check on Phillip Garrido and give him drug tests, but none of the officials reported any irregularities.

The video, first aired Sunday by ABC News, was taken by Nancy Garrido between 2000 and 2007.

THE ASSOCIATED PRESS



SMILES ON Sparks
Dr. David J. Halpin, Dentist

A Smile Can Say So Much!

A smile can say so much ... but if you aren't satisfied with your smile, it may not be saying anything at all! At **Smiles On Sparks**, Ottawa's downtown dental destination for exquisite dentistry and beautiful smiles, we can help you achieve the beautiful smile you've always wanted, while allowing you to be in control of your own dental health decisions through continuous dental education and positive encouragement.

Dr. David Halpin, B.Sc., D.D.S., and the staff at Smiles On Sparks believe a patient's comfort always comes first! Our beautiful new dental office is equipped with state-of-the-art technology and offers a relaxed, comfortable, family-friendly atmosphere.

Thanks to Dr. Halpin's broad range of dental skills, together with digital photography imaging, lasers and other dental advances, we are able to provide a high level of care and a pleasant dental experience for our patients. Discover how easily we can make your smile come to life!

See our actual patient treatments on our website www.smilesonsparks.com.

Call now to book your initial appointment and smile analysis!

Let us help you take your smile from ordinary to extraordinary!

134 Sparks Street • Ottawa, ON • K1P 5B6
Tel: 613.563.2396 • Fax: 613.563.9503
www.smilesonsparks.com



LONG DISTANCE

No Matter Where You Call,
No Matter What Rate You Pay...
We'll Beat It... GUARANTEED!



Make long distance calls from your home or cell phone!

3.9¢/min	5.9¢/min	7.9¢/min	1.9¢/min	7.9¢/min	4.9¢/min
Bangladesh	Iran	Lebanon	Romania	Ukraine	Vietnam
Australia.....1.9¢/min	Israel.....1.9¢/min	South Korea.....2.9¢/min			
Bosnia.....13.9¢/min	Italy.....1.9¢/min	Sri Lanka.....9.9¢/min			
China.....1.9¢/min	Lebanon.....7.9¢/min	Trinidad.....4.9¢/min			
Colombia.....3.9¢/min	Mexico.....1.9¢/min	U.A.E.....14.9¢/min			
Cuba.....89.9¢/min	Pakistan.....5.9¢/min	U.K.....2.9¢/min			
El Salvador.....9.9¢/min	Philippines.....11.9¢/min	Vietnam.....4.9¢/min			
Germany.....1.9¢/min	Poland.....1.9¢/min	Serbia.....7.9¢/min			
India.....2.9¢/min	Russia.....1.9¢/min				

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... **GUARANTEED!**

1 Cent To India

1¢/min



Calling India at only 1 cent per minute. (Land and mobile included).

\$10 1000 Minutes per Month -1¢

Unlimited Canada

\$5/month



Unlimited Calling to Anywhere in

CANADA

Available on your home or cell phone.

613-216-6100
comwave
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors' lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of \$2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. See www.comwave.net for details.

New hope for U.S. debt-ceiling deal?

► Senate leaders discuss fallback plan as crisis talks continue ► Same day Wall Street warns of catastrophe

The top Democrat and Republican in the U.S. Senate are constructing a legislative detour for President Barack Obama, a path around the bitter partisan divide over raising the American debt limit and avoiding a U.S. default on its spiralling debt.

Sen. Harry Reid, the Democratic majority leader, and Sen. Mitch McConnell, the top Republican, are at work on a legislative manoeuvre that would give Obama the power to raise the debt limit unilaterally.

That would sidestep the seemingly intractable impasse in White House talks that have failed now in five sessions to find an agreement with Republicans in the House of Representatives who are demanding dramatic spending cuts but are refusing Obama's insistence that tax loopholes also be

closed to raise federal income. Obama's Treasury Department has said Aug. 2 is the deadline for raising the debt limit to forestall an unprecedented American default on obligations at home and abroad.

The Reid-McConnell plan would leave the sharply polarized Congress to legislate whatever spending cuts it could muster.

Obama will hold a news conference Friday to address the status of negotiations, his second of the week on a subject that has consumed Washington as the deadline approaches.

The United States hit its current \$14.3-trillion debt ceiling in May and has been able to juggle the books through the end of July to stay current on its debt payments and obligations to domestic programs. Come Aug. 2, however, various adminis-



► U.S. President Barack Obama meets with Republican and Democratic leaders regarding the debt ceiling in the Cabinet Room of the White House on Wednesday.

tration officials have suggested members of the U.S. military might go without pay as

would Americans dependent on monthly payments from Social Security, the federal pension

system for retired people.

Washington likewise could find itself unable to pay outstanding interest and principle on Treasury bonds, widely held by Americans, international investors and countries around the globe.

Word that Democrat Reid and Republican McConnell were at work on a compromise fallback plan came as Federal Reserve Chairman Ben Bernanke and JPMorgan Chase & Co. CEO Jamie Dimon admonished bickering lawmakers that failure to avoid an un-

precedented default could have a devastating effect on an already-anemic economy.

Testifying before a Senate panel, Bernanke said a default would deal a "self-inflicted wound" to the nation's economy, driving up interest rates and slowing growth.

Dimon, speaking to reporters in New York, said default could prove catastrophic. "Why take that chance? I wouldn't take that chance," he said, answering his own rhetorical question. **THE ASSOCIATED PRESS**

Murdoch and son backtrack, to be questioned in U.K.

Rupert Murdoch and his son James first refused, then agreed Thursday to appear before U.K. lawmakers investigating phone hacking and police bribery, while in the U.S., the FBI opened a review into allegations the Murdoch media empire sought to hack into the phones of Sept. 11 victims.

Those two developments — and the arrest of another former editor of a Murdoch tabloid — deepened the crisis for News Corp., which has seen its stock price sink as investors ask whether the scandal could drag down the whole company.

Murdoch defended News Corp.'s handling of the scandal, saying it will recover from any damage caused by the phone-hacking and

police-bribery allegations. The 80-year-old told The Wall Street Journal — which is owned by News Corp. — that he is "just getting annoyed" at all the recent negative press.

He also dismissed reports he would sell his U.K.

newspapers to stem the scandal, calling the suggestion "pure and total rubbish."

A law enforcement official in New York said the FBI was looking into allegations that employees of News Corp. tried to hack in-

to the telephones of victims of the Sept. 11, 2001, terrorist attacks in the United States. **THE ASSOCIATED PRESS**

Media empire

► Murdoch began his media career in Australia in 1952 after inheriting The News newspaper after the death of his father.

► He has built News Corp. into one of the world's biggest media groups, with market capitalization of \$46 billion and assets including Fox News, The New York Post and three newspapers in Britain — down from four with the death of the News of the World.



► News Corp. chairman Rupert Murdoch, right, and his son Lachlan Murdoch, centre, a board member of Australia's Network Ten, in central London on Thursday.

UNTANGLE LIFE'S CHALLENGES

EMOTIONAL HEALTH • SETTLEMENT SERVICES • SUPPORT FOR SENIORS • FINANCIAL ISSUES • COPING WITH DISABILITIES • STRESS AND BEREAVEMENT

DIAL 211

Connecting you to a full range of non-emergency community, social, government and health services

FREE • CONFIDENTIAL • MULTILINGUAL • OVER 150 LANGUAGES

www.211ontario.ca

Cdn. cable, satellite revenues up sharply

A new report says broadcast distributors earned more money — and more profits, at that — last year.

The Canadian Radio-television and Telecommunications Commission says combined revenues for cable, satellite and multi-point distribution companies for the year ending last Aug. 31 rose to \$12.5 billion from \$11.4 billion the year before.

THE CANADIAN PRESS

Swedish digital-music service comes to U.S.

Digital-music service Spotify finally arrived in the United States on Thursday, aiming its addictive, free song service at American music listeners in the hope that they will then be persuaded to pay for more features, just as nearly two million users have done in Europe.

But a spokesperson for the Swedish company said there is no "news or timescales on a launch" for Canada.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 72.02 (13,252.92)	- 0.14¢ (104.06¢ US)	- \$2.36 US (\$95.69 US)	\$4.358 (- 2.9¢) Gold contracts \$1,589.30 (+ \$3.80)

SATURDAY, JULY 16 ONLY!

20X

**THE SHOPPERS
OPTIMUM POINTS®**
WHEN YOU SPEND \$50 OR MORE*
ON ALMOST ANYTHING
IN THE STORE.



**THE MORE
YOU SHOP, THE
MORE YOU
EARN!**

PLUS These Week long Specials! Saturday, July 16th to Friday, July 22nd



4⁹⁹
each

ROYALE 2-PLY DOUBLE,
3-PLY (12 Roll) or 2-PLY
(24 Roll) BATHROOM TISSUE
Limit 4. After limit 8.99



69¢
each

ROYALE 2-PLY
(132's) or 3-PLY
(88's) FACIAL TISSUE
Limit 4.
After limit 1.29



6⁹⁹
each

MAXWELL HOUSE
ORIGINAL ROAST
GROUND COFFEE
925g



2/3⁹⁹
or 2.49 case

LIFE BRAND SODA
12 x 355mL
Selected Types



30%
off**

OMBRELLE
SUN CARE
PRODUCTS
Selected Types
& Sizes



3⁹⁹
each

OLD SPICE (473mL - 532mL),
OLAY (295mL - 354mL) or NIVEA
(500mL) BODY WASH Selected Types



99¢
each

REACH 100 ESSENTIAL
TOOTHBRUSH (1),
COLGATE TOOTHPASTE
(75mL - 85mL) or
TOOTHBRUSH (1)
Selected Types
Excludes Premium



2⁷⁹
each

LEVER 2000 BAR SOAP (4 x 89g),
MENNEN or LADY SPEED STICK
PREMIUM ANTIPERSPIRANT or
DEODORANT Selected Types & Sizes



19⁹⁹
each

GILLETTE MACH3 (8's), FUSION
(4's) or VENUS EMBRACE (6's)
CARTRIDGES Selected Types



2⁹⁹
each

O.B. TAMPONS (18's - 20's),
STAYFREE MAXIPADS (16's - 24's)
or CAREFREE PANTLINERS
(36's - 60's) Selected Types



9⁹⁹
kit

L'ORÉAL ROOT RESCUE,
EXCELLENCE TO GO or FÉRIA HAIR
COLOUR Selected Types



30%
off**

L'ORÉAL PRO MANICURE
NAIL ENAMEL or COSMETIC
PRODUCTS Selected Types



19⁹⁹
each

HUGGIES or PAMPERS BOXED
DIAPERS Selected Types & Sizes
AVENTO BABY TOILETRIES
Selected Types & Sizes - 6.99



26⁹⁹
each

ENFAPRO (680g) or ENFAMIL
(680g - 730g) INFANT FORMULA
Selected Types

*Points are issued according to the net pretax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, Shoppers Optimum® MasterCard® points, products that contain codeine, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, electronic gift cards, prepaid phone cards, Life Experiences® packages and Shoppers Home Health Care locations. Offer applies to photofinishing services that are picked up and paid for on Saturday, July 16, 2011 only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. Offer valid Saturday, July 16, 2011 only. See cashier for details. © 911979 Alberta Ltd. *Prices in effect for Saturday, July 16 to Friday, July 22, 2011. While quantities last. No rainchecks. See cashier for details. **Our regular price.

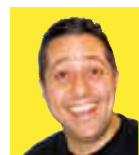
**SHOPPERS
DRUG MART**



WHAT ONCE WAS RIGHT STUFF NOW SO WRONG

THE METRO LIST

MIKE BENHAIM
METRO



1 The flipside: Recent years have been riddled with political unrest, ecological catastrophes and trends of increasing inhumanity, and there are still millions without the most basic nourishment and shelter. Consequently, the new Harry Potter movie already has \$32 million in advance ticket sales, but to put things into perspective... it's in 3-D.

2 Cotton-eyed Joes: It's Calgary Stampede time again, and everyone's flocking to Southern

Alberta for some rodeo, clogging and deep-fried culinary concoctions. Take that, America. You're not the only ones with crazy cowboys and country music.

3 Goliath falls ... on his wallet: One of my favourite '80s comedies is Trading Places. Specifically, when Eddy Murphy and Dan Aykroyd bankrupt their ruthless employers, The Dukes. Recognition of this Karmic retribution sends the Dukes into a meltdown, turning on each other and everyone who once feared and revered them, as one collapses into cardiac arrest, while the other, frothing at the mouth, commences a stroke, yelling, "How could they do this to us? We're ruined!" Anyone else thinking of Rupert Murdoch right now?

4 Need a P?: Lindsay Lohan stood proud last week as the results of her drug tests finally came back negative. Yay! Tests also revealed that she has the healthy testicles of a 12-year-old Mexican boy.

5 Berry picking: I am forbidden from commenting due to my own personal history with Halle, but I will say this: What kind of world do we live in when a writer can't enjoy a peaceful dinner in a tree outside a celebrity's window with binoculars and a camcorder, without her getting all creeped out? Geez. Get over yourself, lady.

6 Canada's got imagination: Ever notice that none of the judges on America's Got Talent are actually American? I mean, if they "got talent," how come they don't "got judges"? In any case, whenever the U.S. has a hit, Canada likes to have its own, less profitable version, hence Citytv's presentation of Canada's Got Talent. CGT will hold auditions this fall for illusionists, acrobats, ventriloquists, rejects from Canadian Idol and So You Think You Can Dance, or anyone who enjoys repeated public disgrace.

7 NKOTBSB: Acronym for the tasteless combination of two exceptionally ripened retro-boy-bands peddling their respective brands of nostalgic mediocrity to recently divorced mothers reliving a time when their waistlines were favourably offset by the disproportionate dimensions of their hair and shoulders. (New Kids on the Block/Backstreet Boys — now on tour.)

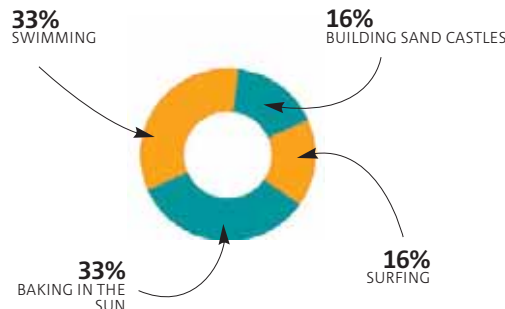
8 Sudan-ly I see: After decades of unrest, South Sudan finally achieved independence on July 9th. The new government must now rise to the challenge of providing necessities for its citizens. Immediate concerns include clean water, roads, schools, currency, Starbucks and a Walmart. Vaya con dios, fellow citizens.

More from Mike Benhaim at metronews.ca/backbeat



Register at
metropolitanpanel.ca
and take the quick poll

What's your favourite beach activity?



Worth Mentioning

GAGGED. Even one of on-line video's biggest stars isn't immune to copyright claims.

Lady Gaga's YouTube account was suspended Thursday. The notice read that the suspension was due to "multiple or severe violations of YouTube's copyright policy."

The Google Inc.-owned YouTube declined to comment. It's YouTube policy to remove accounts after three copyright violations, though they can be restored after being corrected.

Reports have suggested that the infringing video was a recently uploaded clip of Gaga's performance on Fuji TV.

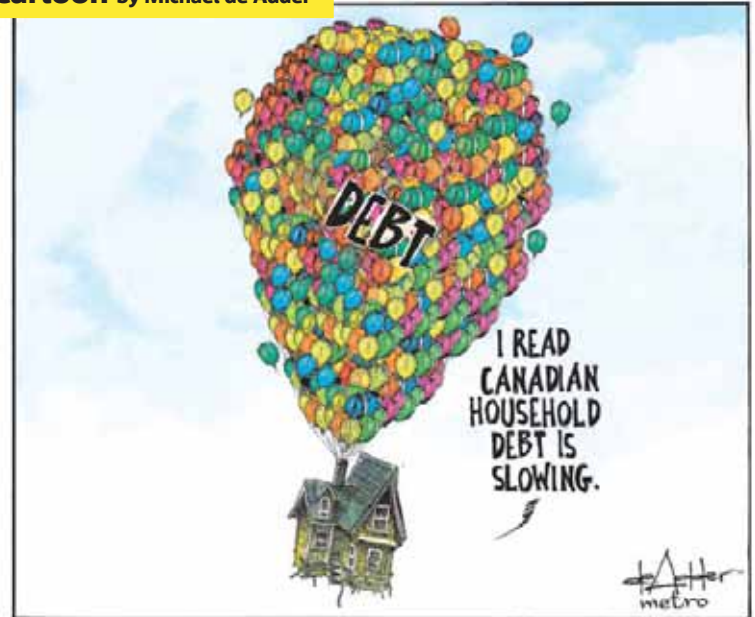
The account, "ladygagaofficial," is one of two for Gaga. The removed channel is run by Gaga's camp, while she also has an unaffected Vevo account.

The Vevo account, which has more than 1.6 billion views, generally debuts her music videos. Co-owned by Universal Music Group and Sony Entertainment, Vevo is a music-video platform that also distributes videos on YouTube.

The suspension is expected to be temporary.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Replace the gym with 20 litres of wine

Scientists have discovered that resveratrol, a natural substance found in grapes and wine can reverse the negative effects of zero gravity in rats.

Why should you care if you are not an astronaut?

"We feel the resveratrol would be a good way to prevent the effects of physical inactivity for people who cannot undergo regular activity," Dr. Stéphane Blanc said.

For the experiment, two groups of rats were suspended by their tails, to create the effect of zero gravity. One group was given daily 400-milligram-per-kilogram supplements of resveratrol, the others were given nothing.

The scientists initially tested the rats to see whether the resveratrol was able to prevent loss of muscle mass. It was. They then looked at its effect on muscle metabolism. It was positive. After further tests the team found the same dosage of resveratrol had positive effects on bone density and insulin resistance, a cause of diabetes.

According to Blanc, the average person would have to drink 20 litres of wine for the equivalent of one resveratrol supplement given to the rats.

TORSTAR NEWS SERVICE

Plot synopsis

This is the one muggles far and wide have been waiting for; the final face-off between boy wizard Harry Potter and his nemesis Lord Voldemort. Elder wand in hand, the merciless leader of the Death Eaters attacks the Hogwarts School of Witchcraft and Wizardry, bringing about a fiery showdown between Harry, Hermione and Ron and the dark forces who put both the wizarding and muggle worlds at risk.

Ratings:
Richard: ●●●● ½
Mark: ●●●●

Reel Guys

**RICHARD
CROUSE &
MARK
BRESLIN**

SCENE@METRONWS.CA



► Daniel Radcliffe and Ralph Fiennes star in Harry Potter and the Deathly Hallows: Part 2.

Best Potter movie yet

► Richard Crouse and Phil Brown agree the franchise finale is completely satisfying ► Creepy villains Ralph Fiennes, Alan Rickman steal the show

Richard Crouse: Mark, the decision to break the final Potter book into two movies was criticized as a money grab, just a cheap way to get a few extra dollars out of Potterheads before the franchise ends. But I have to tell you I think they made the right move. The movie is completely satisfying, with a well told story and great action scenes. What did you think?

Mark Breslin: Yes, Richard, you're right. The movie is completely satisfying. But I think it's at the expense of the movie that preceded it, which I found inert and talky; the worst of the franchise. But this

one felt like a thrilling send-off to characters we've grown to love, with some great action set pieces thrown in for good measure.

RC: This is as close to an all-out action movie as there is in the Potter series. Harry's Horcrux hunt (say that three times fast!) takes up much of the movie leading up to some major revelations, an existential train station scene and a heartwarming conclusion, but along the way it's an exciting ride. A small quibble though. What did you think of the 3D? It didn't add much to the experience for me.

MB: The best thing I can say about the 3D is that it was unobtrusive, letting us pay attention to the complex plotting. But I think the movie, unlike most in the series, doesn't work as a standalone film. It would make little sense if you haven't seen the last few installments. And fans of Ralph Fiennes' Voldemort won't be disappointed — he's as creepy a villain as you can imagine, with lots of screen time. By the way, I did try saying Harry's Horcrux Hunt and was kicked out of the restaurant I was in.

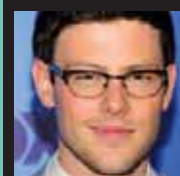
RC: I thought Alan Rickman stole the show. He has the creepiest vocal tics

since Boris Karloff and really brought something to a character that could have been one note. And you're right, it isn't a standalone, but it doesn't have to be. Harry Potter has stood at the centre of popular culture for the last decade. The franchise is the thing, not just the one picture.

MB: In which case, I ask you, Richard, which were your favourites? Mine were the first three, when the world of Hogwarts was at its most innocent, and this one, with its brisk pace and brutal efficiency.

RC: I have to tell you, I think the new one is the best of the bunch!

Scene in brief



Glee co-creator Ryan Murphy has confirmed that the upcoming season of the high-school musical will be the last for Canadian actor Cory Monteith and several of his high-profile co-stars. Lea Michele, Chris Colfer and other cast members will "graduate" after the third season of the hit Fox show.

THE CANADIAN PRESS



Giancarlo Esposito breaks new ground as a Breaking Bad foe in its return for Season 4

Harry Potter AND THE DEATHLY HALLOWS PART 2

STARTS TODAY

Check Theatre Directory or harrypotterandthedeathlyhallowsmovie.ca for Locations and Showtimes

IN IMAX 3D, realD 3D & 2D THEATRES

WWW.HARRYPOTTER.COM

HEYDAY FILMS

Follow us on Facebook for News, Contests, Upcoming Releases, and MORE! Visit www.facebook.com/WarnerBros.Pictures.Canada

PG PARENTS STRONGLY CAUTIONED
NOT RECOMMENDED FOR YOUNG CHILDREN SOME SCARY SCENES, VIOLENCE

WARNER BROS. PICTURES
©2011 Warner Bros. Inc. All Rights Reserved

Don't call it a rom-com

► Actors Justin Timberlake, Mila Kunis say their new film *Friends with Benefits* is more of a buddy comedy

NED EHRBAR
MWN IN HOLLYWOOD

Justin Timberlake and Mila Kunis want people talking about their new movie, *Friends with Benefits*. Just don't call it a romantic comedy.

"We always thought of it more as comedy than a romantic comedy," says Kunis. "If anything, it was a two-hander — a buddy comedy with a little romance in it. Because you care about the characters and you watch the characters fall in love, but it's not your stereotypical romantic comedy."

Timberlake is on the same page about the film, about two love-weary friends who embark on a sexual relationship with-

out all that messy romance stuff. "I don't know that we've ever treated it like a romantic comedy or a slacker comedy. To me, funny is funny and not funny is not funny," he says. "And so we just wanted to find the funny in all these situations, and that's how we treated this."

Friends with Benefits marks a major milestone for both Timberlake and Kunis, as it's the first time either has top-lined a film, though they've both received positive reviews for supporting turns in the *Social Network* and *Bad Teacher* in Timberlake's case, and *Black Swan* and *Forgetting Sarah Marshall* in Kunis'.

Still, taking the lead has to come with new pres-

sures, but Timberlake insists they're quickly pushed aside. "We deal with those demons before we sign contracts. After you commit to the movie, you have to let all that stuff go," he says, though he admits having Kunis along for the ride was a huge help.

"That was a little bit of a comfort, knowing that you were going to be sharing the bill and the comedy and the whole movie with a counterpart," he adds. "There's never a moment in this movie where it's just one of us out there by ourselves."

If the premise of *Friends with Benefits* sounds more than a little familiar, that's because it's not the first movie this year to tackle



► Justin Timberlake and Mila Kunis star in *Friends with Benefits*.

the idea of pals hooking up. Natalie Portman and Ashton Kutcher gave it a go in January with *No Strings Attached*.

Kunis, though, doesn't think audiences will worry about a sense of déjà vu. "I think that movies are movies, and there's only so

many original stories to be told in the world, and that's the truth," she says. "There's what, like, seven different stories."

"'Winnie the Pooh' is classic Disney."

- Richard Crouse, Canada AM

"Like a big pot of honey, it's awesome!"

- Brian McKechnie, Criticize This!

Disney
Winnie the Pooh

Disney.com/Pooh ©2011 Disney

Like us on **facebook** at Walt Disney Studios Canada

STARTS TODAY

For Theatres and Showtimes: Check Local Listings

"THE MOST THOROUGHLY ENJOYABLE MOVIE FOR THE ENTIRE FAMILY!"
Steve Persall, ST. PETERSBURG TIMES

KEVIN JAMES
ZOOKEEPER

COLUMBIA PICTURES AND METRO-GOLDWYN-MAYER PICTURES PRESENT A JONKOR DOLLA/KEYSTONE/DAVID MANNING PRODUCTION
A FILM BY FRANK CORACIO KEVIN JAMES "ZOOKEEPER" DUSTIN DAWSON COSTUME DESIGNER MICHAEL DUNN MUSIC BY ROBERT CRISTOFORIDIS
EXECUTIVE PRODUCERS SAMMY PERAZZOLI JEFF SIESSMAN CHARLES KENNEDY JENNIFER LAFF PRODUCED BY JONKOR DOLLA KEVIN JAMES ADAM SANDLER JACK CHADAPHO WALT REISER
WRITTEN BY JAY SCERCHIA & DAVID KOPPEL PRODUCED BY FRANK CORACIO & DAVID KOPPEL CASTING BY FRANK CORACIO
COLUMBIA PICTURES METRO-GOLDWYN-MAYER PICTURES MGM HAPPY PICTURES Zookeeper-Movie.ca

NOW PLAYING Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

CROSTOWN TRAFFIC

BOOKS
PIPES
DVDs

2 LOCATIONS:
593 Bank St.
in the Glebe
613-234-1210
396 Athlone Ave.
in Westboro
613-728-4800

Movie reviews See it twice 🌐🌐🌐🌐 | See it now 🌐🌐🌐
| Worth watching 🌐🌐 | Yawn 🌐 | Don't bother 🌐



Winnie the Pooh

Genre: Family

Director: Stephen Anderson, Don Hall

🌐🌐🌐

Pooh Bear's latest big-screen adventure, simply titled *Winnie the Pooh*, goes back to the source for its inspiration, weaving together six chapters

of Milne's stories to form one satisfying whole.

Directors Stephen Anderson and Don Hall have wisely updated the story — the pace is snappier than the classic 1960's cartoons — but kept the elements that have made Pooh an indispensable character for the under-

10 crowd. The gentle humour is in place, along with the beautiful water-colour backgrounds and the voices so connected to the series (they're done by different people now, but are true to the style established by Walt Disney himself).

● RICHARD CROUSE

Gyllenhaal on scene of shooting

Jake Gyllenhaal and Michael Pena got a front row seat to Los Angeles gang violence.

The actors, who were riding along with police on patrol in South Los Ange-

les, were on the scene of a gang shooting late Wednesday. The actors are researching police work for their roles in the upcoming movie *End of Watch*.

McGee says the actors were on patrol with 77th Street Station officers.

End of Watch is a drama that focuses on the partnership of two police officers.

THE ASSOCIATED PRESS



▶ Jake Gyllenhaal

GETTY IMAGES

Pattinson fans turn to Net for stalking tips

THE CANADIAN PRESS/PETER KRAMER



▶ Actor Robert Pattinson takes pictures with fans at the premiere of *Water For Elephants* on April 17 in New York.

Groupies in a frenzy for tidbit on star's whereabouts

For many of Robert Pattinson's most ardent Canadian fans, the summer of 2011 is better known as hunting season.

With the British heartthrob based in Toronto for his shoot on the David Cronenberg thriller *Cosmopolis*, devotees have been in a frenzy trying to suss out what they can about his comings and goings.

The *Twilight* star, who typically draws hundreds of squealing fans to red carpet appearances and fan conventions, arrived in town several weeks ago to star in

the big screen adaptation of the Don DeLillo novel.

"I just want to see him ... a glimpse of him would send me off to heaven," a fan who identifies herself as Myra Munir wrote in an online plea for information at the website *On Location Vacations*.

Those looking for tips on where to stalk stars usually go online, where it's become increasingly easy to find details on celebrity work schedules, party hangouts and even accommodations, says security expert Adrienne

Fekete-Romanick.

"There's so many blogs and interactive websites that give you so much information, very little is kept private these days," says Fekete-Romanick, director and owner of *Star Quality Enterprises*, which handles security for Toronto film shoots.

Most filming for *Cosmopolis* — which co-stars Paul Giamatti, Jay Baruchel and Juliette Binoche — has taken place undercover at an east-end studio.

THE CANADIAN PRESS

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the **FREE Metro Play** app — updated daily!

Available on the App Store

metro play

YOU COULD WIN A RUN OF ENGAGEMENT PASS FOR TWO TO SEE

HORRIBLE BOSSSES

NOW PLAYING
WWW.HORRIBLEBOSSSESMOVIE.COM

YOU COULD ALSO WIN AN XBOX 360 ARCADE GAMING SYSTEM!

To register and for full contest details visit clubmetro.com

VISIT clubmetro.com TO ENTER

YOU CAN ENJOY OUR EXCLUSIVE BELGIAN SUMMER BEER HERE ON OUR PATIO or IN BELGIUM.

(At this point we'd like to remind you that you're already here.)

restaurant · pub
D'Arcy McGee's
established 1996

Find us on facebook at:
primepubs.com/facebook

From June 20th until September 4th

D'Arcy McGee's is a registered trade-mark of Prime Restaurants Inc. Used under licence. © 2011 Prime Restaurants Inc.



KEITH BEATY/TORSTAR NEWS SERVICE

▶ After the 360 Tour - what's next for U2?

WILL U2 EVER TOP ITSELF?

SOUND CHECK


ALAN CROSS
SCENE
@METRONEWS.CA

As I stood watching U2 play the 105th of 111 shows on their 360 Tour, all I kept thinking was "Now what?"

No tour has sold more tickets or grossed this much money. Every single show throughout the seven legs has sold out — this despite a million tickets having been thrown in to disarray by Bono's back injury last year. By the time it comes to an end in Moncton, on the 30th, the total box office take will be somewhere around \$700 million.

So I ask again: Now what?

Everyone in the industry that I've heard from — including the mysterious Arthur Foegel of Live Nation, the Canadian mastermind behind this tour and mega-tours by Madonna, the Police, David Bowie and other superstars — acknowledges that there isn't another act on the planet capable of duplicating what U2 has done. Even the U2 organization itself can't imagine anything bigger or more successful.

Why? After 35 years, U2 remains a working rock 'n' roll band that still can release albums and

have them go platinum around the world. Their catalogue is so deep that it spans generations of fans. Everyone goes to the shows because they love different parts of that catalogue. Tours are global events that attract heads of state. (When I saw the show in Moscow last summer, Mikhail Gorbachev was in the stands behind me.)

There's just not another act with U2's musical firepower or financial backing. There isn't another band capable of raising the start-up capital for staging a tour as big as 360. U2 and their people had to spend upwards of \$150 million before a single ticket was sold. The three Claw stages alone cost \$35 million each. Their construction is so sophisticated that bidders from four continents want to buy them for conversion into permanent concert pavilions.

In the current musical environment, I can't see anyone ever outdoing this U2 tour. The Rolling Stones? They might come close, but they'd have to play more shows — and at their ages, that would be tough.

I may just have to fly to Moncton to see that final show. Not because I want to see U2 again but because once the lights go down at the end of the set, I fear that we will never, ever see the likes of a rock 'n' roll show on this scale ever again.

Scene in brief

Blake loves NYC, Odd Future

BACK AGAIN. James Blake loves New York. No, really. Beyond the cliché, the singer-songwriter has a

thing for the Big Apple. "It's very quickly becoming my favourite place."

It makes sense, then, that he's performing there again after playing NYC just two months ago. And he's excited to check out some of the other acts.

"There are some people

I'm really excited to see. I was fascinated by Odd Future at SXSW. To me, it looked like that festival kind of broke them. They did really well to show people what they can do. I saw them twice. The second time it took me a while to get in.

● PAT HEALY



▶ James Blake

MosAika

 Manulife Financial™



FREE SHOW ON PARLIAMENT HILL — NOW PLAYING, NIGHTLY AT 10 PM

Experience the show that will be the talk of the Capital this summer!
At 10 pm in July, 9:30 pm in August and 9 pm from September 1 to 5.

mosaika-sl.ca ■ 613-239-5000

 CANADA'S CAPITAL REGION
LA RÉGION DE LA CAPITALE DU CANADA

Miranda Kerr names her kid after dead ex

► Actress gets permission from Bloom to name the baby after her first love

Miranda Kerr named her and Orlando Bloom's son in part after a deceased ex-boyfriend, she tells Australia's Daily Telegraph.

One of baby Flynn's middle names, Christopher, was chosen in honour of Kerr's first boyfriend, Christopher Middlebrook, who died in a car accident as a teenager.

"Chris and I had been dating for two years," she says. "After he died, I wrote him a letter that said I hoped to name my first child after him in some way. I told Orlando and he was the one who said he'd be happy to do that. Orlando's a good guy."

● METRO



► Miranda Kerr

ALL PHOTOS GETTY IMAGES



D+H = an environment where you can grow

D+H, formerly known as Davis + Henderson, is a leading solution provider for the Canadian Financial Services industry. At our Robertson Road location in Ottawa we're looking for great people to join our team in the following roles:

- + **Customer Service Representatives**
- + **Sales Agents (hourly and commission)**
- + **Bilingual Customer Service Representatives**

Interested? Then come to our Open House for an interview! Bring your resume, photo ID and two references.

- + **Date:** Tuesday July 19th
- + **Time:** 1:00pm - 7:00pm
- + **Location:** 145 Robertson Rd, Ottawa



Or visit our on-line Careers page at www.dhltd.com and apply today!

D+H
answers begin with understanding™



► Olivia Wilde

Wilde reeling from divorce

Despite being linked to a number of Hollywood bachelors, Olivia Wilde says she's happy spending some time alone after her divorce from Italian prince Tao Ruspoli.

In fact, she's having a tough time moving on.

"The trauma of the whole thing has been humbling, and for the first time, I'm a little bit wobbly," Wilde tells Marie Claire.

"But I think it's very healthy to spend time alone. You need to know how to be alone and not be defined by another person."

● METRO

Talking points

Grant taking the lead in NOTW crusade

SETTLING BEEFS. While Hugh Grant was originally motivated to expose the News of the World phone-hacking scandal because he himself had been hacked, he says a larger sense of outrage quickly took over, according to People magazine.

"I don't think I would be on a crusade if it weren't for the fact that they were winked at by the police, and winked at by our government," Grant says in a lengthy interview with the magazine.

"Although a lot of my stuff comes from personal grievance, I also am properly outraged for my country." ● METRO

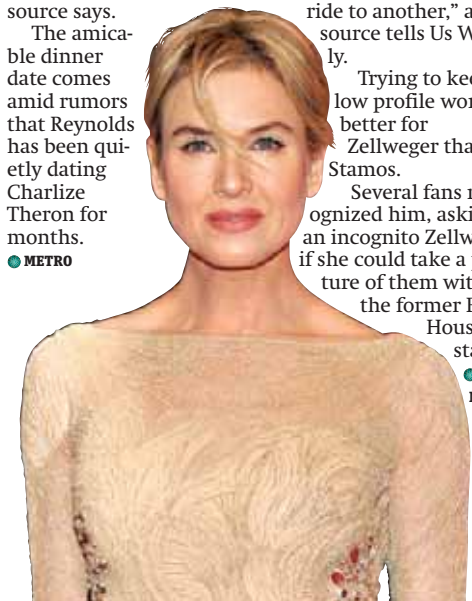
Scarlett going back to Ryan?

GETTING COSY. Less two weeks after their divorce had been finalized, exes Scarlett Johansson and Ryan Reynolds were spotted enjoying a cosy night out at an L.A. restaurant, according to People magazine.

"They were leaning in closely to each other when talking. They were being flirty," a source says.

The amicable dinner date comes amid rumors that Reynolds has been quietly dating Charlize Theron for months.

● METRO



Celebrity tweets



"My daughter just tweeted that I am a twitter whore. This social media is rough."

@AlecBaldwin



@CindyCrawford

"Lovely dinner with friends and then a massage. Perfect to get over jet lag!"

@ElizabethBanks



@Adele

"Crying in my car singing Adele's Rolling in the Deep, an image of broken hearts littering the highway"

@ConanOBrien



@ConanOBrien

"There's a restaurant in Chinatown where I can eat without being recognized. I'll never go there."

Renee chasing after that Full House?

DOES THAT MAKE HER AUNT BECKY? Rumored couple Renee Zellweger and John Stamos were spotted spending the day at Disney Land recently, where the pair "were having a great time laughing and dancing as they walked from one

ride to another," a source tells Us Weekly.

Trying to keep a low profile worked better for Zellweger than Stamos.

Several fans recognized him, asking an incognito Zellweger if she could take a picture of them with the former Full House star.

● METRO

Ideal grilling season grapes



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

Though I don't work magic in the kitchen as much as I used to, I'm still a cookbook fan. Culinary text and images never fail to inspire me to nag my wife to recreate whatever catches my eye.

One of my favourite recent releases is Jeff Potter's *Cooking For Geeks* (O'Reilly, \$43.99): A macho tome that reads more like an issue of *Popular Science* than an artsy Gordon Ramsay creation.

Potter takes the MythBusters route by explaining the ins and out of everything from baking bread to making things melt in weird ways in what ends up as a fascinating read. But experimenting with Potter may have to wait until after barbecue season: The few months when I can hold up my end of meal creation.

One of my favourite grilling grapes is zinfandel and the 2008 Gnarly Head Old Vine Zin (\$16.95 - \$19.99) from California is a mocha-meets-deep berry wonder that will rock everything from cuts of beef to a burger and fries.



PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Grill Japanese dishes like the pros

► From Classic Yakitori to steak, seafood & veggies, Tadashi Ono and Harris Salat spotlight contemporary & authentic dishes in *The Japanese Grill*

These Pork Chops with Yuzu-Miso Marinade are marinated in miso overnight for two reasons. First, it takes time for the pork to absorb the miso flavour. Second, it gives the active bacteria culture in miso time to tenderize the meat. The result is tender, lip-smacking chops with a pleasing touch of heat from yuzu kosho.

Preparation:

- 1 Mix miso, sake, mirin, yuzu kosho, scallions, and sesame oil in bowl to make marinade. Pour three-fourths of marinade into baking dish or rimmed sheet

Ingredients:

- 1/4 cup red miso
- 1 tablespoon sake
- 1 tablespoon mirin
- 2 teaspoons red yuzu kosho
- 1/4 cup finely chopped scallions (white and green parts)
- 1 tablespoon plus 1 teaspoon sesame oil
- 4 bone-in pork chops (about 11 1/2 pounds)



► This recipe makes four servings.

pan and reserve rest. Lay pork chops in marinade and flip 4 times to generously coat. Marinate for 12 hours.

- 2 Preheat grill to a two-zone fire (medium and hot). Start grilling on hot heat for about 1

minute, shift the chops to medium heat. After about 4 minutes, flip and repeat the two-zone grilling on the other side. 10 mins total.

- 3 When the pork is ready, it'll be glossy and juicy on the outside. Let

chops rest for 2 minutes and serve. **REPRINTED WITH PERMISSION FROM THE JAPANESE GRILL: FROM CLASSIC YAKITORI TO STEAK SEAFOOD AND VEGETABLES BY TADASHI ONO AND HARRIS SALAT (TEN SPEED PRESS, A DIVISION OF RANDOM HOUSE INC., 2011)**

► Take a crunchy bite out of these Crispy Chicken Wings with Seven-Spice-Power Marinade



► This recipe makes four servings.

Wings are incredibly popular in Japan, whether they're fried, steamed, poached, and grilled. Called teba yaki, grilled wings are prepared in a number of ways and also skewered as yakitori. These are made with seven-spice-powder marinade.

Ingredients:

- 1/2 cup sesame oil
- 2 tablespoons shichimi togarashi
- 1/4 cup soy sauce
- 2 teaspoons salt
- 2 pounds chicken wings

Preparation:

- 1 Whisk together sesame oil, shichimi togarashi, soy sauce, and salt in bowl to make marinade. Pour three-fourths of marinade on to baking dish; reserve rest. Lay wings in marinade and flip 4 times to generously coat all over.

- 2 Preheat a grill to high. Grill wings for about 8 minutes, flipping about



every 1 minute and brushing on reserved marinade after each turn. Wings are ready when they are sizzling and browned.

Serve. **REPRINTED WITH PERMISSION FROM THE JAPANESE GRILL: FROM CLASSIC YAKITORI TO STEAK SEAFOOD AND VEGETABLES BY TADASHI ONO AND HARRIS SALAT (TEN SPEED PRESS, A DIVISION OF RANDOM HOUSE INC., 2011)**

Master the grill



Master the grill with tips and trade secrets.

1. Preheat grill so leftover food or sauce burns and brushes off easily.
2. Trim excess fat from meat before grilling to help reduce flare-ups.
3. Always brush barbecue sauce on food towards the end of cooking to prevent sugars from burning.
4. Never pierce meat with a fork to flip it on the grill. This releases juices making it less moist.
5. Avoid opening the lid of the grill needlessly allowing heat to escape.

NEWS CANADA/ PC.CA



Scan this code for dietary guidelines for people living with diabetes.

4
sports

Quoted



"I have the ability and the backing to give fair criticism. The only time I have trouble with people giving criticism is when they haven't walked that walk. I've walked many walks in my 19-year career, so I think any criticism that I give should be fair."

RETIRE NBA SUPERSTAR SHAQUILLE O'NEAL, WHO ANNOUNCED THURSDAY THAT HE'S TAKING AN ON-AIR JOB WITH TNT'S INSIDE THE NBA TELEVISION BROADCAST.



Scan code for more sports.



▶ Roger Clemens, right, leaves the U.S. District Court in Washington, D.C., on Thursday.

Clemens' trial tossed due to prosecution's mistake

► Judge leaves question of a new trial for former all-star up in the air

Almost as soon as it began, former baseball star Roger Clemens' perjury trial ended Thursday — in a mistrial the judge blamed on prosecutors and said a "first-year law student" would have known to avoid.

U.S. District Judge Reggie Walton called a halt to the trial under way after prosecutors showed jurors evidence that he had ruled out — videotaped revelations that former teammate Andy Pettitte had said he'd told his wife Clemens confessed to using a drug.

Walton scolded prosecutors and said he couldn't let the former all-star pitcher face prison if convicted on

"Government counsel should have been more cautious."

U.S. DISTRICT JUDGE REGGIE WALTON

such "extremely prejudicial" evidence.

"Mr. Clemens has to get a fair trial," Walton said. "In my view, he can't get it now."

Defence lawyer Rusty Hardin, who had asked for the mistrial declaration, patted an unsmiling Clemens on the back as the judge announced his decision. As he left the courthouse, Clemens did not comment but accepted hugs from a couple of court workers, shook hands with the security guards and au-

tographed baseballs for fans waiting outside.

Walton said he would hold a hearing Sept. 2 to decide whether Clemens should face another trial. Hardin told reporters, "I wouldn't even hazard a guess" about what Walton will decide.

Walton could end the prosecution by declaring that a new trial would run afoul of double jeopardy — the right not to be brought to trial twice on the same charges for the same offence. But experts said it

was unlikely that he would go that far, especially since the trial was just under way.

Pettitte had told committee investigators that Clemens confessed in 1999 or 2000 that he used human growth hormone.

The quick end on the second day of testimony was the second mistrial involving a superstar accused in baseball's steroids scandal. Barry Bonds was convicted three months ago of obstruction of justice, but a mistrial was called on three more serious false-statements charges after jurors couldn't agree on a verdict.

THE ASSOCIATED PRESS

NFL talks continue as pre-season looms

With time running short to keep the NFL's pre-season intact, owners and players got into another long round of labour talks Thursday, trying to break the impasse that has kept the NFL shut down for four months.

Each group turned out in force for the latest negotiations at a Manhattan law firm, and for the second straight day, discussions stretched into the evening.

NFL commissioner Roger Goodell and eight of the 10 members of the owners' labour committee were present.

NFL Players Association chief DeMaurice Smith and a half-dozen current or former players were also there.

THE ASSOCIATED PRESS

NBA cuts 11 per cent of workers

The NBA laid off about 114 people over the last two days, planned cost-cutting moves that a league spokesman said Thursday are "not a direct result of the lockout."

Spokesman Mike Bass said it is "a response to the same underlying issue; that is, the league's expenses far outpace our revenues."

The laid off employees represent about 11 per cent of the league office workforce.

THE ASSOCIATED PRESS

Tour hits mountains in Stage 12

Spain's Samuel Sanchez thrilled Basque fans with the Stage 12 win and France's Thomas Voeckler kept the yellow jersey on Bastille Day as the Tour de France hit the mountains on Thursday.

Defending champion Alberto Contador lost some seconds to other race favourites on the final climb.

The 211-kilometre trek from Cugnaux to the Luz-Ardenen ski station featured three tough climbs in the Pyrenees — including two that are among the hardest in pro cycling.

Canadian Ryder Hesjedal did well on the tough climbs and finished 29th on the stage, moving up 13 places to stand 38th overall. THE ASSOCIATED PRESS



▶ Spain's Samuel Sanchez.

Sports in brief

Bruins re-up with McQuaid

NHL. The Boston Bruins re-signed defenceman Adam McQuaid to a three-year contract extension on Thursday.

McQuaid had three goals and 12 assists in 67 games as a rookie. THE ASSOCIATED PRESS

TFC shakes up losing roster

MLS. Toronto FC acquired Canadian international midfielder Terry Dunfield from Vancouver for allocation money and future considerations, then sent forward Alan Gordon, midfielder Jacob Peterson and Canadian defender Nana Attakora to San Jose for forward Ryan Johnson.

THE CANADIAN PRESS

Calvillo's greatness becoming unquestionable

CFL EXTRA POINTS

DAN TOTH

LONDON@METRONEWS.CA



The debate over Anthony Calvillo's place in CFL history has started, even though the sensational quarterback is a long way from

finished.

Detractors argue that although A.C.'s career numbers make him appear to be the best QB in CFL history, the Als star is just a capable player who profits from playing on great teams.

Plenty of CFL followers will tell you Calvillo's not as talented as Doug Flutie, Ron Lan-

caster, Jeff Garcia, Warren Moon, etc.

The 39-year-old Calvillo last week tied Damon Allen's all-time CFL record of 394 touchdown passes when he threw for five majors in Montreal's win over Saskatchewan.

While Calvillo might not be your first choice if you were starting an expansion team, he's more than just a decent QB who was lucky to land with a great franchise.

Not only does Calvillo own three Grey Cup rings with the Als, he's also on course to establishing a new record for career passing yards before season's end. And don't be surprised if he caps that off with a fourth Grey Cup ring.

Dunigan's head still in the game: Not long ago, a player suffer-



► Anthony Calvillo, shown here during the 2000 Grey Cup, has been consistent throughout his career. Now he's challenging for some of the CFL's most coveted records.

ing a mild concussion was said to have "had his bell rung" and would often return to the game with little consideration for future effects.

Recent advances in science and a more humane approach to player health have made brain injury research a priority.

CFL Hall of Famer Matt Dunigan sat down with the CFL on TSN's Brian Williams last week to reveal his own personal fight with head injuries and post-concussion syndrome and how concussions have affected his life.

Despite retiring 15 years ago, Dunigan is still affected by the dozen concussions he suffered during his stellar career.

Dunigan will donate his brain to concussion research in hopes that "they'll be

able to advance the science and understanding of concussions and brain injuries to help others."

Toothless Lions:

B.C. Lions head coach/general manager Wally Buono said it best.

"It's very ugly," he said. "It's sickening."

Buono was referring to the video of Lions DB Stanley Franks' gruesome knee injury, but he could have just as easily been talking about the Leo's 0-2 start to the CFL season.

Franks was taken off the field on a cart, and the initial diagnosis is a severe dislocation of the knee. Now Buono has another headache. In addition to his team's slow start, Buono now has to make adjustments in his secondary when the 0-2 Lions face Ricky Ray and the 2-0 Edmonton Eskimos Saturday at Commonwealth Stadium.



Amateur leads pack at British Open

► Lewis first amateur to lead round at a major since 1976 ► 'He could be my grandson,' says playing partner Watson

Tom Lewis shares a name with one of the British Open's greatest champions.

The kid sure lived up to it Thursday.

Lewis, a 20-year-old amateur, shot a 5-under 65 to share the lead after the opening round of golf's oldest major — a day that was even more special because he played alongside the man he was named after: five-time British Open champion Tom Watson.

"I was more nervous not to embarrass myself in front of him," Lewis said.

No worries there. Lewis pulled off some Watson-like shots at Royal St. George's, making four straight birdies coming down the stretch before a par-saving tap-in at the 18th left him tied with Thomas Bjorn.



► England's Tom Lewis shoots out of the bunker on the 6th hole on Thursday.

"I just had to smile inside watching him play," said the 61-year-old Watson, who needed seven more strokes than his namesake to get around the course.

"I didn't play particularly well myself, but I certainly was impressed by the way he played."

Lewis's late-afternoon charge was definitely impressive, but it didn't total-

ly overshadow an early-morning round by Bjorn, who was playing at this course on the English seaside for the first time since his meltdown in the 2003 Open.

Amateur elite

Tom Lewis posted the lowest round ever for an amateur at the British Open.

► His score of 65 beats the 66s posted by Frank Stranahan in 1950, Tiger Woods' in 1996 and Justin Rose in 1998.

That year he threw away a two-stroke lead on the final three holes — he needed three swings just to escape the bunker at No. 16 — and allowed Ben Curtis to snatch away the claret jug with one of the sport's most shocking upsets.

Two very different players.

Two hugely compelling stories atop the leaderboard.

"I'm 40 years old," Bjorn

said, "and there might just be a little bit more in me."

U.S. Open champion Rory McIlroy got off to a sluggish start but was still in the mix, putting up a 71 that left him six strokes back.

Considering he played in the morning, when conditions were tougher, McIlroy had no complaints about a round that began with two bogeys on the first three holes.

"It was a day where you just needed to grind out a score," McIlroy said. "Anywhere around even par was a good start."

In the afternoon, the gusting breezes off the Strait of Dover died down and the rain held off, resulting in about twice as many rounds in the 60s as the morning starters put up. **THE ASSOCIATED PRESS**

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	55	35	.611	—
New York	53	36	.595	1½
Tampa Bay	49	41	.544	6
Toronto	46	47	.495	10½
Baltimore	36	53	.404	18½
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	48	42	.533	—
Chicago	44	48	.478	5
Minnesota	41	48	.461	6½
Kansas City	37	54	.407	11½
WEST DIVISION				
	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7½
Oakland	39	53	.424	12

Last night's results

Toronto 16 N.Y. Yankees 7

Cleveland 8 Baltimore 4

Kansas City at Minnesota

Texas at Seattle

Tonight's games

All times Eastern

Chicago White Sox (Floyd 6-9) at Detroit (Ver-

lander 12-4), 7:05 p.m.

Cleveland (Tomlin 10-4) at Baltimore (Arrieta

9-6), 7:05 p.m.

N.Y. Yankees (F. Garcia 7-6) at Toronto (Morrow

5-4), 7:07 p.m.

Boston (A. Miller 3-0) at Tampa Bay (Price 8-7),

7:10 p.m.

Kansas City (Hochevar 5-8) at Minnesota

(Blackburn 7-6), 8:10 p.m.

L.A. Angels (Haren 10-5) at Oakland (McCarthy

1-5), 10:05 p.m.

Texas (C. Lewis 8-7) at Seattle (Fister 3-10),

10:10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	18	7	4	7	21	16	28
New York	20	6	4	10	34	24	28
Columbus	18	5	6	7	21	19	27
Houston	19	5	6	8	23	22	23
D.C. United	17	5	7	5	24	29	22
Kansas City	18	5	6	7	23	24	22
Chicago	19	2	5	12	20	24	18
Toronto	21	3	9	9	17	36	18
New England	18	3	8	7	16	24	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	21	9	4	8	28	20	35
Dallas	19	10	5	4	26	19	34
Real Salt Lake	17	8	3	6	23	12	30
Colorado	20	6	5	9	22	23	27
San Jose	18	5	6	7	22	21	22
Chivas USA	19	5	7	7	24	23	22
Portland	17	5	9	3	21	31	18
Vancouver	20	2	10	8	19	28	14

Tomorrow's games

All Times Eastern

Colorado at Seattle, 4 p.m.

Real Salt Lake at Vancouver, 4 p.m.

San Jose at Columbus, 7:30 p.m.

Kansas City at Houston, 8:30 p.m.

Portland at Chicago, 8:30 p.m.

D.C. United at Dallas, 9 p.m.

New York at Chivas USA, 10:30 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3½
New York	46	45	.505	11
Washington	46	46	.500	11½
Florida	43	48	.473	14
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19
WEST DIVISION				
	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	3
Colorado	43	48	.473	8½
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Last night's results

Florida at Chicago Cubs

Milwaukee at Colorado

San Francisco at San Diego

Today's games

All times Eastern

Florida (Nolasco 6-5) at Chicago Cubs (Demp-

ster 6-6), 2:20 p.m.

Philadelphia (Worley 4-1) at N.Y. Mets (Dickey

4-7), 7:10 p.m.

St. Louis (Westbrook 7-4) at Cincinnati (Cueto

5-3), 7:10 p.m.

Washington (L. Hernandez 5-8) at Atlanta

(T. Hudson 8-6), 7:35 p.m.

Pittsburgh (Karstens 7-4) at Houston (Myers

3-9), 8:05 p.m.

Milwaukee (Narveson 6-5) at Colorado (Nicasio

3-2), 8:40 p.m.

L.A. Dodgers (Kershaw 9-4) at Arizona

(J. Saunders 6-7), 9:40 p.m.

San Francisco (Lincecum 7-7) at San Diego

(Moseley 2-8), 10:05 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
Carolina	16	13	1	2	35	12	41
Edmonton	15	7	4	4	18	15	25
Puerto Rico	15	6	4	5	23	23	23
Minnesota	15	4	4	7	16	15	19
Tampa Bay	15	4	5	6	17	21	18
Fort Lauderdale	16	3	4	9	22	23	18
Montreal	15	2	8	5	12	16	11
Atlanta	15	2	11	2	15	33	8

Wednesday's results

Carolina 1 Edmonton 1

Fort Lauderdale 1 Montreal 1

Sunday's games

All Times Eastern

Atlanta at Montreal, 3:30 p.m.

Tampa Bay at Edmonton, 6 p.m.

Puerto Rico at Minnesota, 8:30 p.m.

FIFA WOMEN'S WORLD CUP

Wednesday's results — Semifinals

At Moenchengladbach, Germany

U.S. 3 France 1

At Frankfurt — Japan 3 Sweden 1

U.S. 3 France 1

Tomorrow's game — Third Place

At Sinsheim, Germany

France vs. Sweden, 11:30 a.m.

Sunday's game

Championship — At Frankfurt

U.S. vs. Japan, 2:45 p.m.

TRANSACTIONS

NHL

CALGARY FLAMES—Acquired F Pierre-Luc Le-tourneau-Leblond from New Jersey for a 2012 fifth-round draft pick.

FLORIDA PANTHERS—Agreed to terms with C Bracken Kearns on a one-year contract.

N.Y. ISLANDERS—Agreed to terms with C Jeremy Colliton on a one-year contract.

OTTAWA SENATORS—Re-signed F Bobby Butler to a two-year contract.

TORONTO MAPLE LEAFS—Re-signed F Darryl Boyce to a one-year contract.

VANCOUVER CANUCKS—Signed F Mike Duco.

WASHINGTON CAPITALS—Signed F Jacob Micflikier to a one-year contract. Renewed their affiliation agreement with South (ECHL) for the 2011-12 season.

WINNIPEG JETS—Named Keith Mc-Cambridge coach of St. John's (AHL).

MLS

SEATTLE SOUNDERS—Signed coach Sigi Schmid to a contract extension through the 2015 season.

TORONTO FC—Acquired MF Terry Dunfield from Vancouver for allocation money and future considerations.

CYCLING

TOUR DE FRANCE

At Luz Ardiden, France

Yesterday's results

Stage 12 — 211 kilometres

1. Samuel Sanchez, Spain, Euskaltel-Euskadi, six hours, one minute, 15 seconds; 2. Jelle Vanendert, Belgium, Omega Pharma-Lotto, seven seconds behind; 3. Frank Schleck, Luxembourg, Leopard-Trek, 0:10; 4. Ivan Basso, Italy, Liquigas-Cannondale, 0:30; 5. Cadel Evans, Australia, BMC, same time; 6. Andy Schleck, Luxembourg, Leopard-Trek, s.t.; 7. Damiano Cunego, Italy, Lampre-ISD, s.t.; 8. Alberto Contador, Spain, Saxo Bank Sungard, 0:43; 9. Thomas Voeckler, France, Europcar, 0:50; 10. Pierre Rolland, France, Europcar, s.t.

11. Tom Danielson, U.S., Garmin-Cervelo, 1:03; 12. Arnold Jeannesson, France, Francaise des Jeux, 1:19; 13. Rigoberto Uran, Colombia, Sky Procycling, 1:25; 14. Levi Leipheimer, U.S., RadioShack, s.t.; 15. Hubert Dupont, France, AG2R La Mondiale, 1:56; 16. Yury Trofimov, Russia, Katusha, s.t.; 17. Nicolas Roche, Ireland, AG2R La Mondiale, 2:02; 18. Laurens ten Dam, Netherlands, Rabobank, 2:10; 19. Kevin De Weert, Belgium, Quick Step, s.t.; 20. Haimar Zubeldia, Spain, RadioShack, 2:53.

Also — 24. Philippe Gilbert, Belgium, Omega Pharma-Lotto, 3:19; **29. Ryder Hesjedal, Victoria, Garmin-Cervelo, 3:57; 31. Peter Velits, Slovakia, HTC-Highroad, 4:15; 44. Andreas Kloeved, Germany, RadioShack, 8:26; 48. Tony Martin, Germany, HTC-Highroad, 9:03; 74. Luis Leon Sanchez, Spain, Rabobank, 17:28.**

OVERALL STANDINGS

(after 12 stages)

1. Thomas Voeckler, France, Europcar, 51 hours, 54 minutes, 44 seconds; 2. Frank Schleck, Luxembourg, Leopard-Trek, 1:49; 3. Cadel Evans, Australia, BMC, 2:06; 4. Andy Schleck, Luxembourg, Leopard-Trek, 2:17; 5. Ivan Basso, Italy, Liquigas-Cannondale, 3:16; 6. Damiano Cunego, Italy, Lampre-ISD, 3:22; 7. Alberto Contador, Spain, Saxo Bank Sungard, 4:00; 8. Samuel Sanchez, Spain, Euskaltel-Euskadi, 4:11; 9. Tom Danielson, U.S., Garmin-Cervelo, 4:35; 10. Nicolas Roche, Ireland, AG2R La Mondiale, 4:57.

Also — 38. Ryder Hesjedal, Victoria, Garmin-Cervelo, 18:39.

CFL

WEEK THREE

EAST DIVISION						
	GP	W	L	T	PF	PA
Montreal	2	2	0	0	69	51
Winnipeg	2	2	0	0	46	32
Toronto	2	1	1	0	39	43
Hamilton	2	0	2	0	26	52
WEST DIVISION						
	GP	W	L	T	PF	PA
Edmonton	2	2	0	0	70	38
Calgary	2	1	1	0	55	55
B.C.	2	0	2	0	58	64
Saskatchewan	2	0	2	0	53	81

Last night's result

Calgary at Winnipeg

Tonight's game

All Times Eastern

Toronto at Montreal, 7:30 p.m.

Tomorrow's game

Saskatchewan at Hamilton, 4 p.m.

B.C. at Edmonton, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Palardy, Wpg	0	3	6	2	23
Duval, Edm	0	8	4	2	22
McCallum, BC	0	4	6	0	22
Whyte, Mtl	0	8	4	1	21
Prefontaine, Tor	0	3	6	0	21
E. Johnson, Sask	0	6	3	2	17
Medlock, Ham	0	2	4	0	14
Barnes, Edm	2	0	0	0	12
Bratton, Mtl	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cates, Sask	2	0	0	0	12
Cornish, Cal	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Richardson, Mtl	2	0	0	0	12
Foster, BC	2	0	0	0	12

Not including last night's game

TENNIS

ATP MERCEDES CUP

At Stuttgart, Germany

Singles — Second Round

Juan Carlos Ferrero, Spain, def. Mikhail Youzhny (3), Russia, 6-7 (8), 6-2, 6-2.

Lukasz Kubot, Poland, def. Guillermo Garcia-Lopez (8), Spain, 4-6, 6-4, 6-3.

Frederico del Bonis, Argentina, def. Sergiy Stakhovsky, Ukraine, 6-4, 6-3.

Marcel Granollers, Spain, def. Benoit Paire, France, 6-4, 7-5.

Doubles — Quarter-finals

Marcel Granollers and Marc Lopez (3), Spain, def. Santiago Gonzalez, Mexico, and Adil Shamasdin, Pickering, Ont., 6-1, 6-3.

ATP SKISTAR SWEDISH OPEN

At Bastad, Sweden

Singles — Second Round

David Ferrer (2), Spain, def. Pere Riba, Spain, 6-2, 7-6 (4).

Blaz Kavcic, Slovenia, def. Juan Monaco (6), Argentina (walkover).

Andreas Haider-Maurer, Austria, def. Filippo Volandri, Italy, 6-3, 7-6 (7).

WTA SNAI OPEN

At Palermo, Sicily

Singles — Second Round

Irina-Camelia Begu, Romania, def. Roberta Vinci (2), Italy, 6-4, 6-3.

Sara Errani (3), Italy, def. Pauline Parmentier, France, 7-5, 6-1.

Klara Zakopalova (4), Czech Republic, def. Ani Mijackica, Croatia, 7-5, 4-6, 6-3.

GOLF

BRITISH OPEN

At Sandwich, England

Par 70

First Round

Thomas Bjorn

a-Tom Lewis

Miguel Angel Jimenez

Lucas Glover

Webb Simpson

Simon Dyson

Kyle Stanley

Pablo Larrazabal

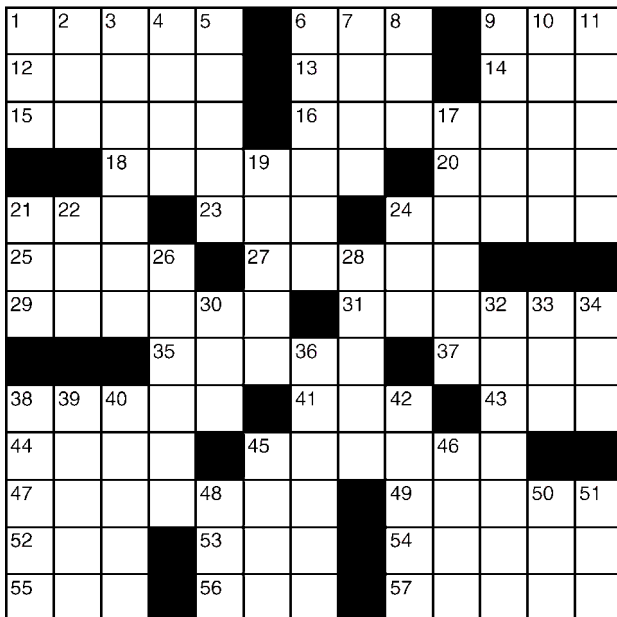
Crossword

Across

- 1 Open a soda bottle
- 6 Performance
- 9 Bankroll
- 12 "— porridge hot"
- 13 Bill's partner
- 14 Kyoto cummerbund
- 15 Knapsack part
- 16 Desert crosser
- 18 Mini-program
- 20 Bygone VHS alternative
- 21 America's uncle
- 23 "Of course"
- 24 Lost cause
- 25 Neighborhood
- 27 Invited
- 29 Basement
- 31 Don of "Cocoon"
- 35 Bother
- 37 Go by 32-Down
- 38 Is able to, old-style
- 41 Actor Penn
- 43 Spinning stat
- 44 Out of control
- 45 Famed NYC apartment building
- 47 Rye seed
- 49 Break a Commandment
- 52 Yon bloke
- 53 "Hail!"
- 54 Sports venue
- 55 Type measures
- 56 Scarlet
- 57 Moderate purple

Down

- 1 Prosperous periods
- 2 Trawler need
- 3 Candy-apple cover
- 4 PDQ
- 5 Energetic

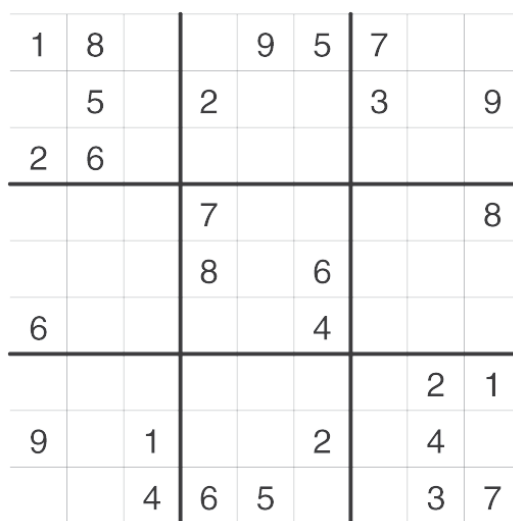


- 6 Get at
- 7 Paint layer
- 8 Anderson's "High —"
- 9 Made on a loom
- 10 Lessen
- 11 Money of Bahrain
- 17 Homes
- 19 Memorize
- 21 Pouch
- 22 Exist
- 24 Prized stone
- 26 Palin territory
- 28 Skin-covered canoe
- 30 Pismire
- 32 Three-masted vessel
- 33 With it
- 34 Shade provider
- 36 Accepted
- 38 Hidden stock
- 39 Forcefully
- 40 Standards
- 42 Making all the stops
- 45 Host Letterman
- 46 Actress Spelling
- 48 Sherman called it hell
- 50 Bambi's aunt
- 51 Tic-toe link

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	9	7	3	6	5	1	2	4
2	5	6	4	1	7	3	8	9
4	1	3	9	8	2	5	7	6
3	7	4	8	2	6	9	5	1
9	8	1	7	5	3	6	4	2
6	2	5	1	4	9	7	3	8
7	4	9	2	3	1	8	6	5
1	6	2	5	7	8	4	9	3
5	3	8	6	9	4	2	1	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To the girl with the mysterious lenses, U have an endearing expression when U work. one of silent frustration and concentration. oh how i wish you'd look at me with that intensity. make me a craft. of the heart and of my soul. my forever friend a lock of hair perhaps? id tape it to my belly. much luv. AGNI! SUNGLASSES

My adorable Anne, U still have doubts after everything i did & said honey in person and on kiss. U stayed quiet how much ever I tried...& I am here due to my mistakes. i am so deeply down in love with u. I want u to read Am's real story on bl..pls tell me if u access my liar lover...pls say it right, o spiderman u just simply arrive! no one else other than us will ever kno..just like everything else. its time u get 2kno how u came into my world. FEP - DON'T GET IT

Today's horoscope

♈ Aries March 21-April 20

Today's full moon mischief takes place in the career area of your chart. Be wary on the work front.

♉ Taurus April 21-May 21

Others can look on the dark side if they wish but you are determined to see only the good in the world.

♊ Gemini May 22-June 21

You don't lack for talent but what good is it if you don't use it? Get serious.

♋ Cancer June 22-July 22

Promise yourself you'll wait until next week to make relationship decisions. Things will look rosier.

♌ Leo July 23-Aug. 23

If you don't take what happens today too seriously it won't hurt you too much.

♍ Virgo Aug. 24-Sept. 22

Today's full moon urges you to team up with a friend or colleague and spread the load you carry.

♎ Libra Sept. 23-Oct. 23

You will have to deal with some rather raw emotions over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22

Today's full moon could bring a few shocks, but if you look at them from a wider perspective you will realize they are not so important.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

You'll feel more secure once today's full moon begins to fade.

♑ Capricorn Dec. 22-Jan. 20

Sometimes it can be easy to lose faith in yourself and it seems your rivals are doing better than you.

♒ Aquarius Jan. 21-Feb. 18

You must resist the temptation to believe that you have enemies hiding around each and every corner.

♓ Pisces Feb. 19-March 20

There will be a fair amount of criticism flying about today. It's just jealousy. **SALLY BROMPTON**

Caption contest



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE *Unbeatable*

Puerto Plata
7 Nights 4-Star All-inclusive
\$277
Allegro Puerto Plata + taxes & fees \$403
Departs Sep 2/nol/c6.
1 866 720 4853 | flightcentre.ca

Conditions apply. Ex. Montreal. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. nationaltourism.ca is a partner. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

HAKIM 2 PAIR
HAKIM DESIGNER EYEGLASSES
\$199
FROM
Including single vision and lined bifocal. Regular price \$300.

Over 150 Discount Outlets... 110 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

200 BAY ST. UNIT 1403 AVAILABLE FOR SALE
DOWNTOWN LIVING AT ITS' BEST!
Open Concept, west facing, well maintained 1 bedroom plus den with A/C, underground parking space, in-suite laundry and extra large balcony that spans length of unit. Fantastic Downtown location... be close to everything! **\$259,995**
Curious about downtown condos? Call me for the very best free listings!

613-266-0666
WILLIAM A. GARCIA william.garcia@kwrealety.ca
KELLER WILLIAMS OTTAWA REALTY
610 Bronson Ave., Ottawa, ON, K1S4E6

PLANNING TO SELL YOUR HOUSE?

BE ON TV!



ALL FOR
NOTHING?

Ottawa-based **TV SERIES** is looking for people who want a chance to win the **COMMISSION-FREE LISTING** services of top agent **Paul Rushforth**

Get expert services of award-winning designer **Penny Southam** to get it ready for sale!

Significantly increase the market value of your home with little or no money!

Paul Rushforth
Broker

"Bringing Penny and Paul's vision to life was exciting and we were very pleased with the outcome. We were amazed at what we were able to accomplish in such a short time. People ask us if we would do it again and we say definitely!"
- Jen & Al Greer, Episode 2

Penny Southam
Interior Designer



Contact us NOW!



allfornothingtv.ca

sonja@mountainroad.ca • 613-237-4447

